MASSAGENERD.COM

Presents - *Part 3 of 3*

350+ Swedish Massage Techniques

& Others



By

Ryan Hoyme
CMT, NCTMB, HST

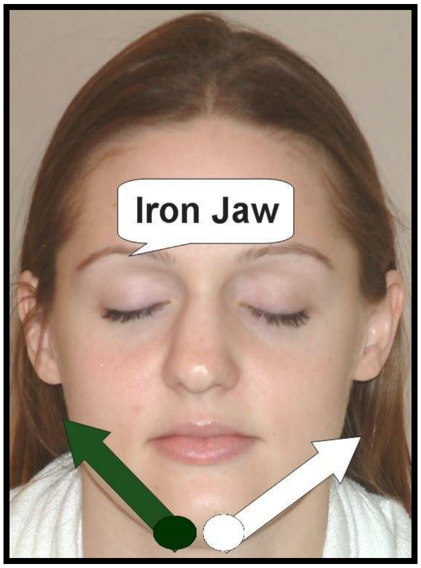
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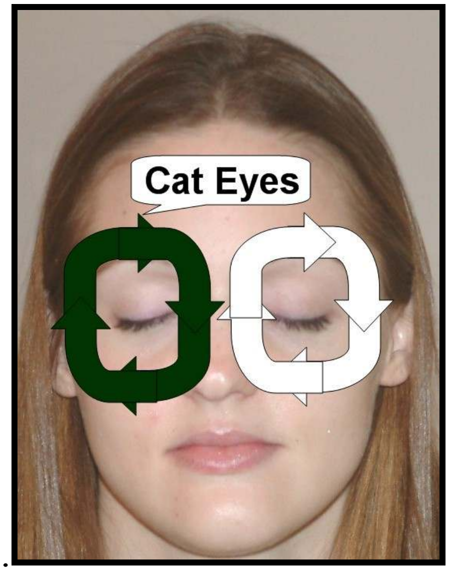
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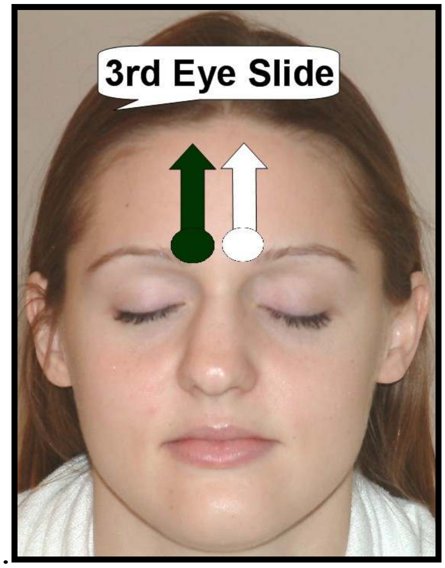
All models are at least 18 years of age. The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing or receiving a massage, particularly if you are pregnant or nursing, or if you are elderly, or if you have any chronic or recurring conditions. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

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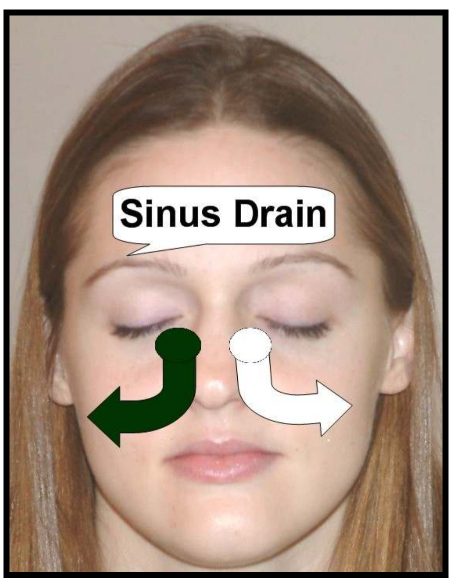
FACE & NECK

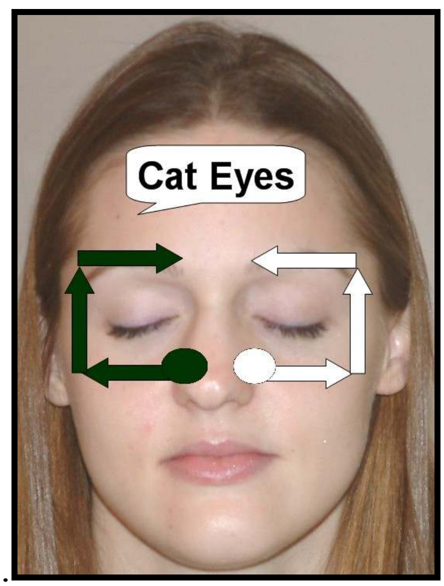
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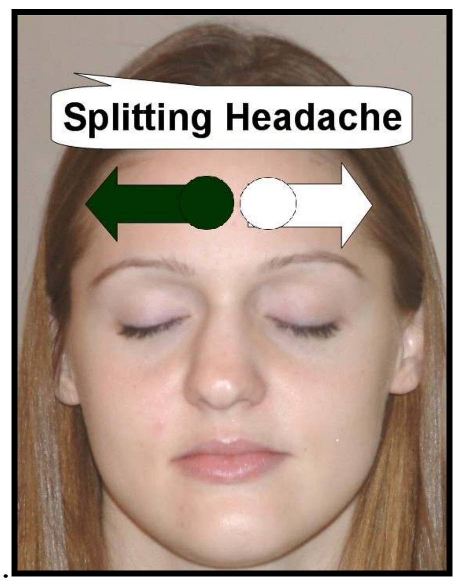
B. 

C. 

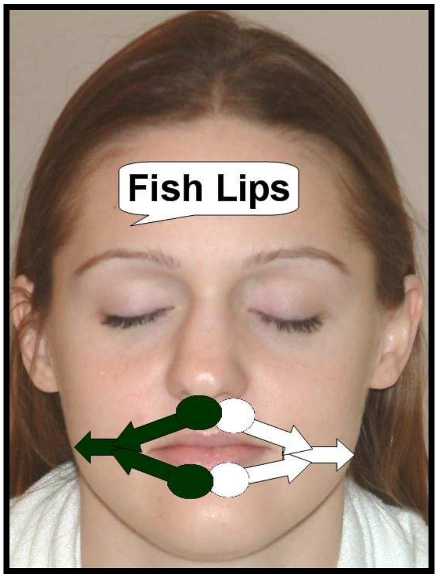
A. Either pinch their jaw line or glide with your palms
B. Use your fingers and circle around their eyes
C. Either use your fingers or thumbs to glide

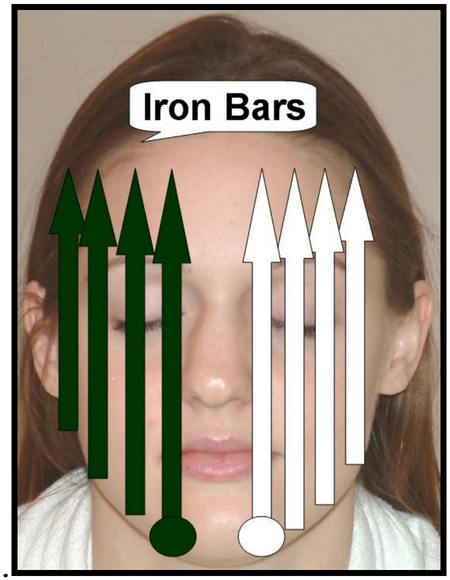
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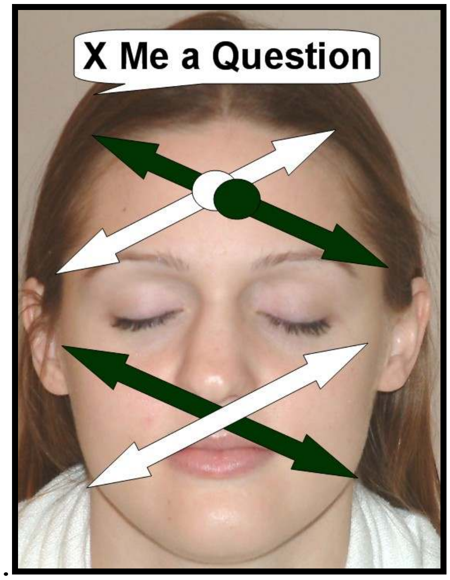
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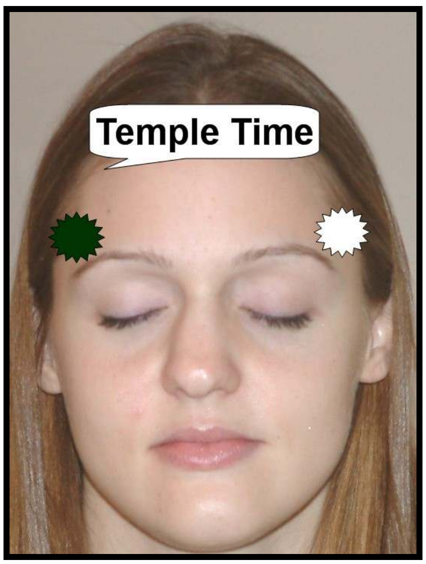
A. Use your fingers to glide around their sinus cavity
B. Use your fingers to glide around their sinus cavity and eyes
C. Either use your fingers or palms to glide

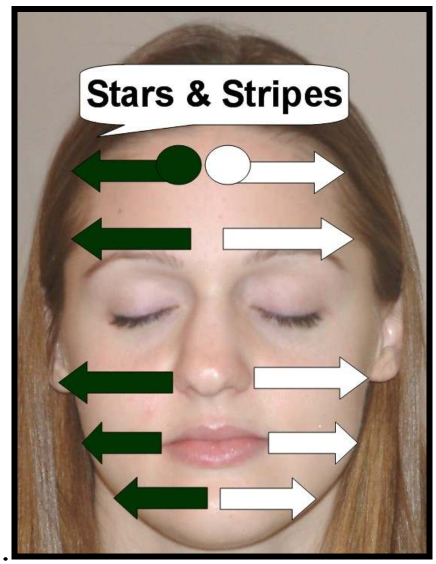
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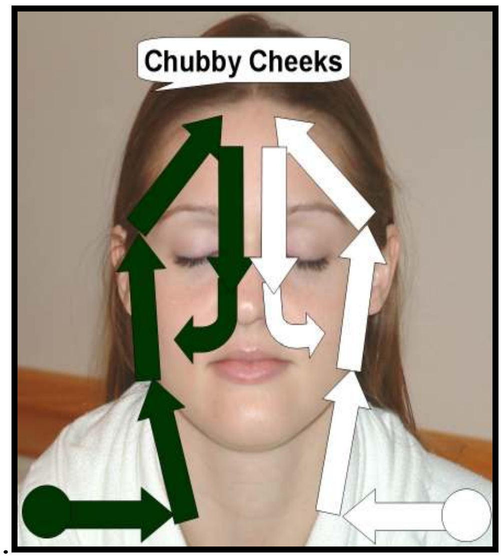
B. 

C. 

A. Use your index finger and thumb and slide to their cheeks
B. Use your fingers to lightly glide over their face (Not on the eyes)
C. Use your fingers to make designs on their face

A. 

B. 

C. 

A. Vibrate temple region (Fingers or Palms)
B. Either one at a time or all your fingers at once (Fingers or Palms)
C. Start at their clavicle and glide up their neck, face and finish at their sinus cavity (Fingers or Palms)

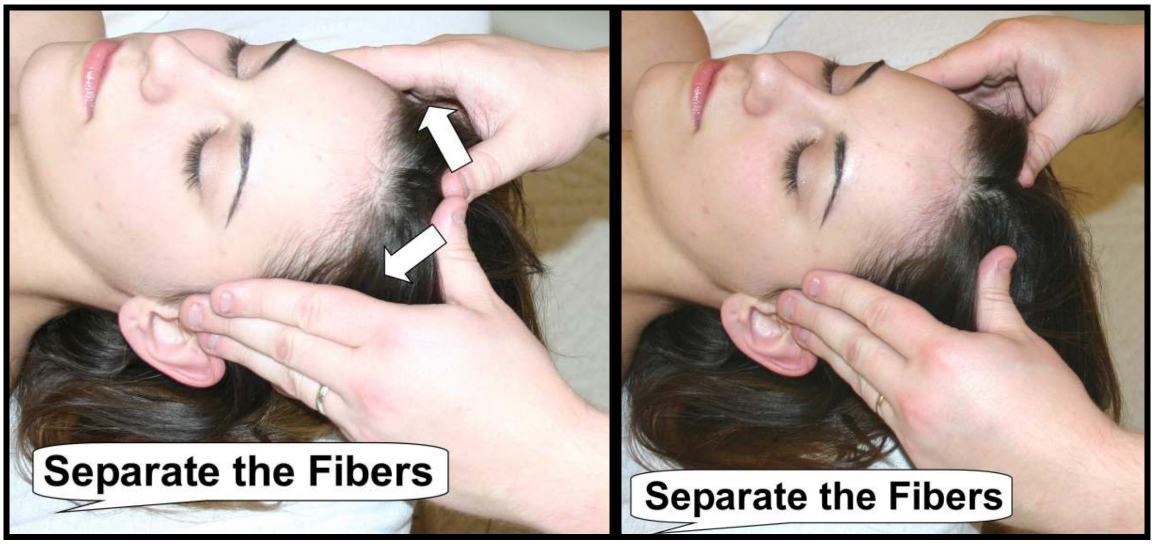


***Start with your forearms on their face and then glide over their face and end by pulling their hair (Gently)**

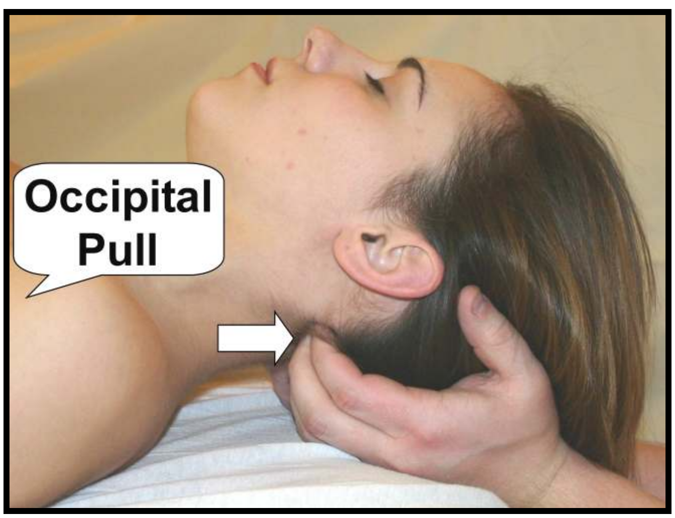
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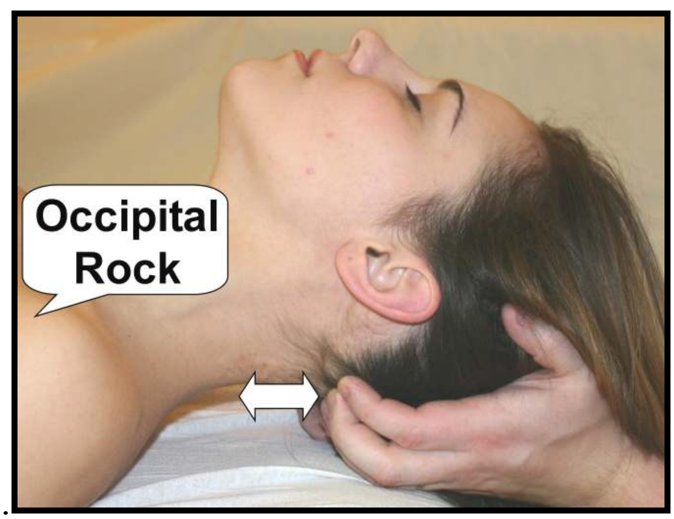

B.


A. Rub your hands together fast for 5-10 seconds and then place them over their eyes
B. Glide your palms over their forehead

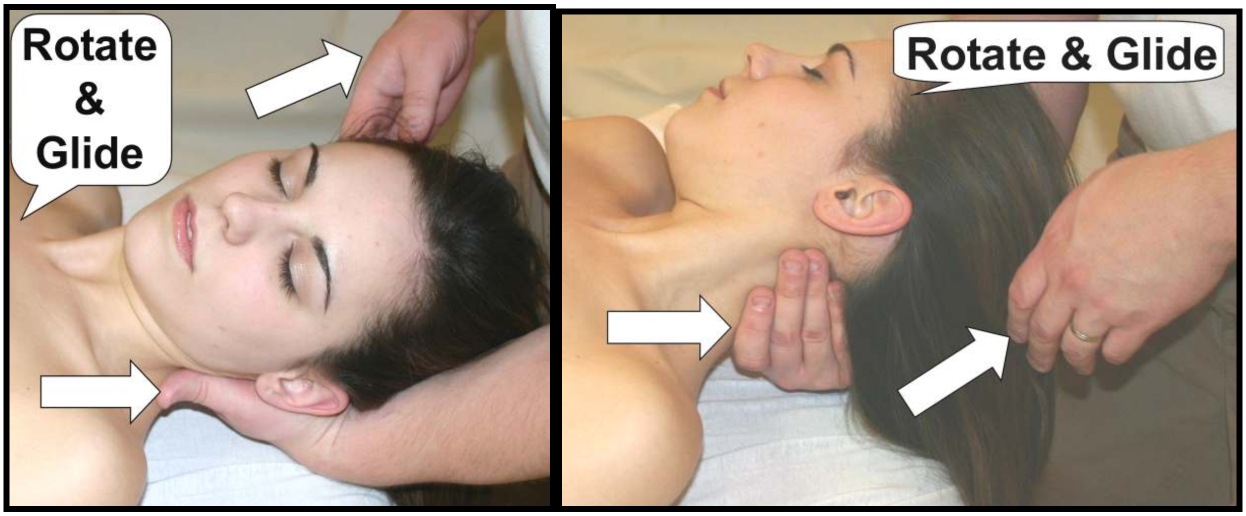
A.


A. Use your thumbs or fingers to separate their hair

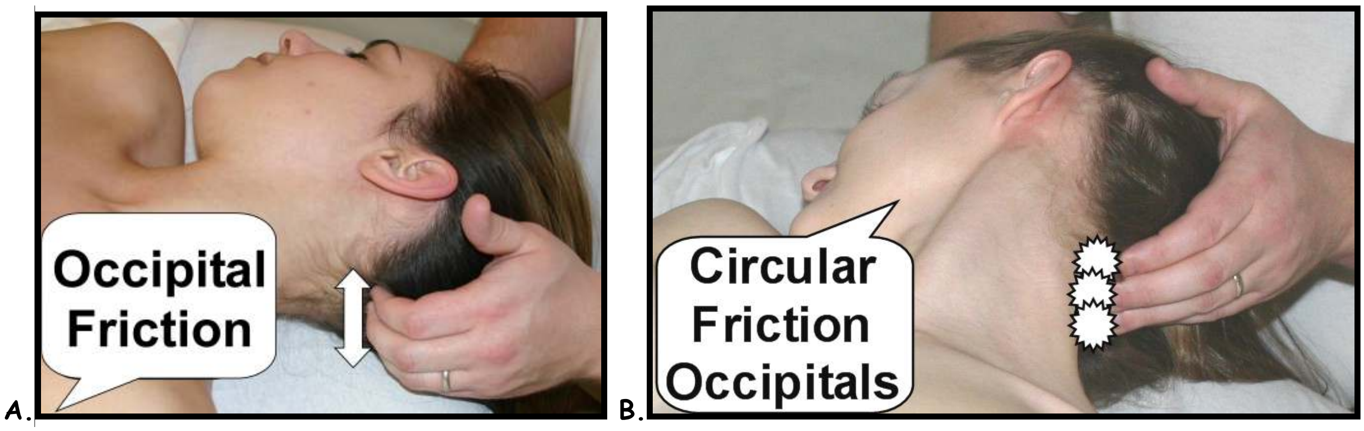
A.


B.


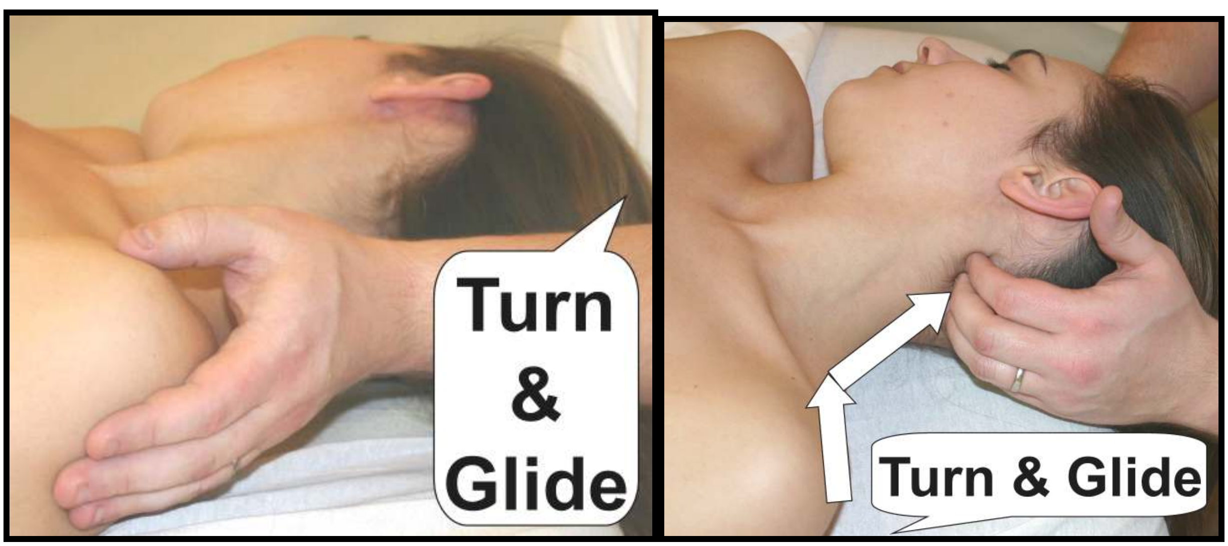
A. Hook your fingers under their occipital ridge and then pull towards you
B. Hook your fingers under their occipital ridge and then rock back and forth



*Alternate your hands gliding up their neck (Rotate back and forth each time)



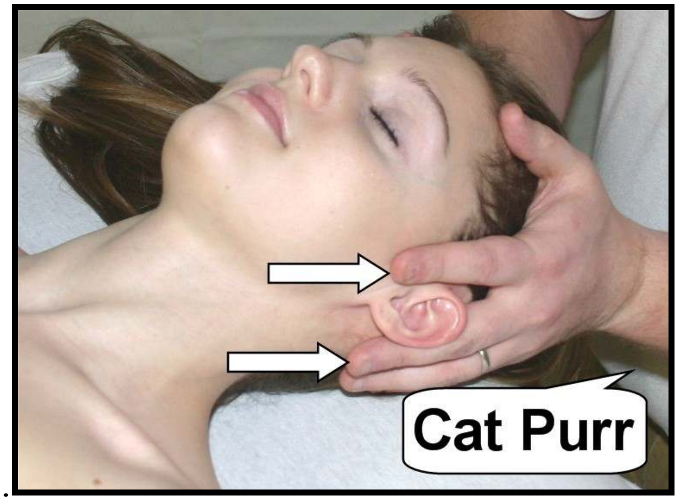
A. Friction back and forth under their suboccipital region
B. Friction in a circular motion under their suboccipital region



*Turn their head and glide up their neck and hook your fingers under their suboccipital region to finish

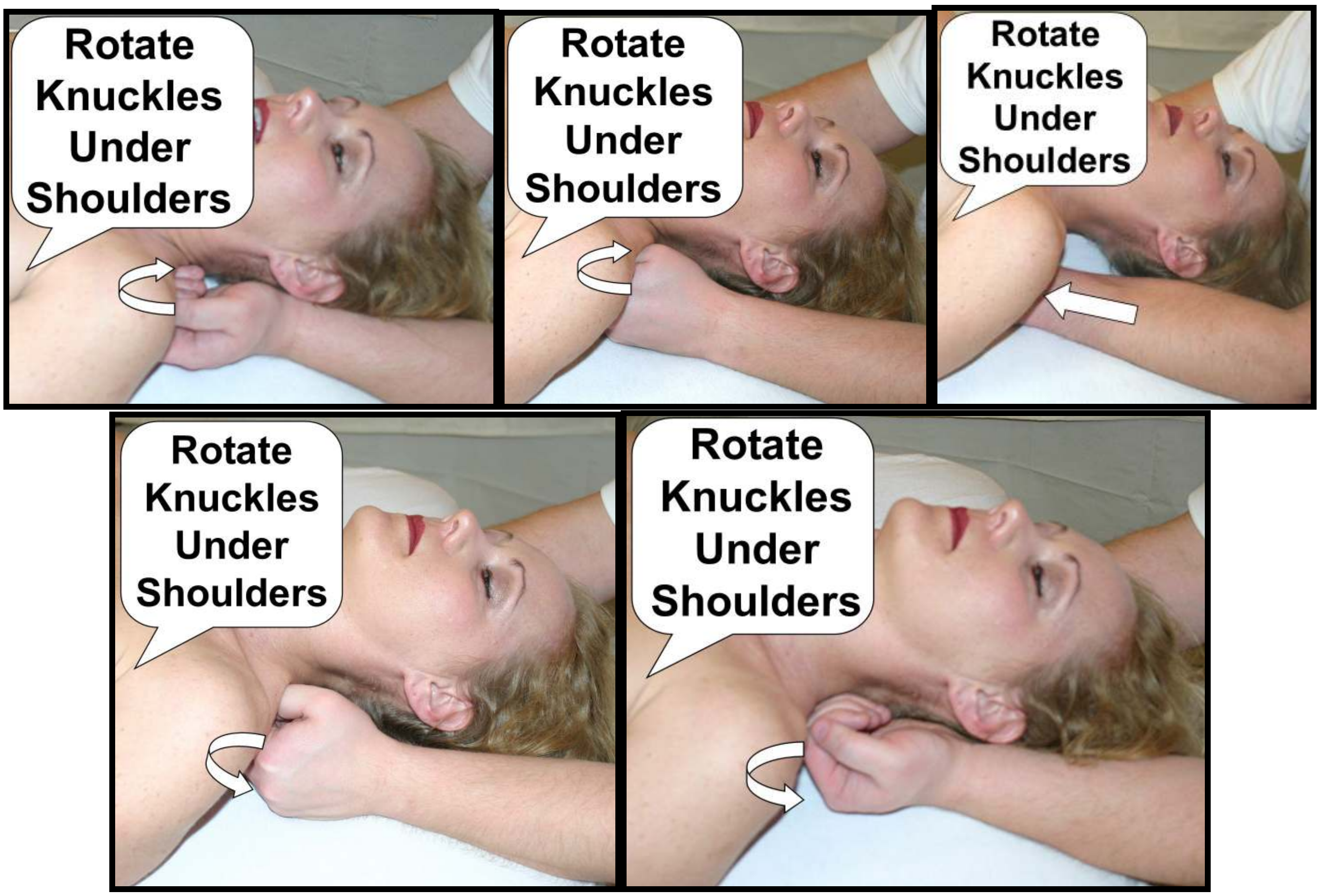


A.

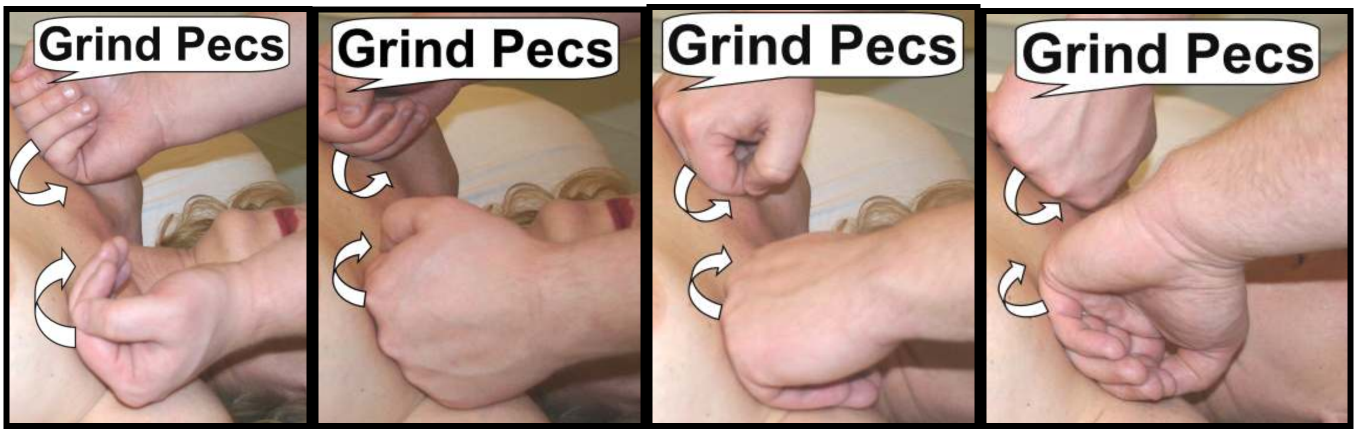


B.

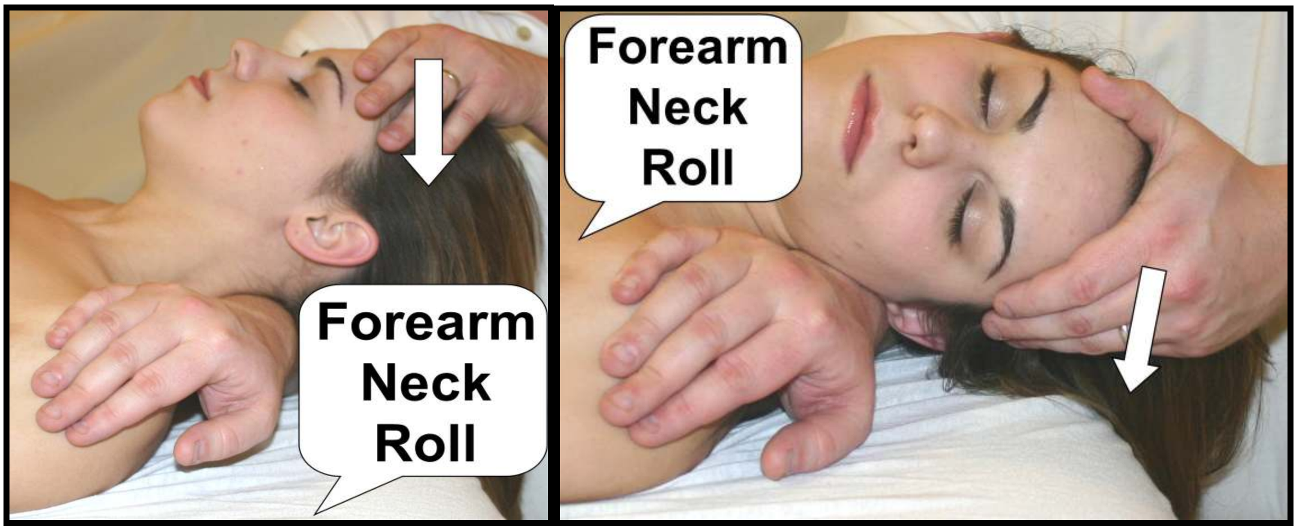
A. Friction their scalp with your fingers or palm
B. Glide towards their scalp with one finger in front of their ear and the other fingers behind their ear



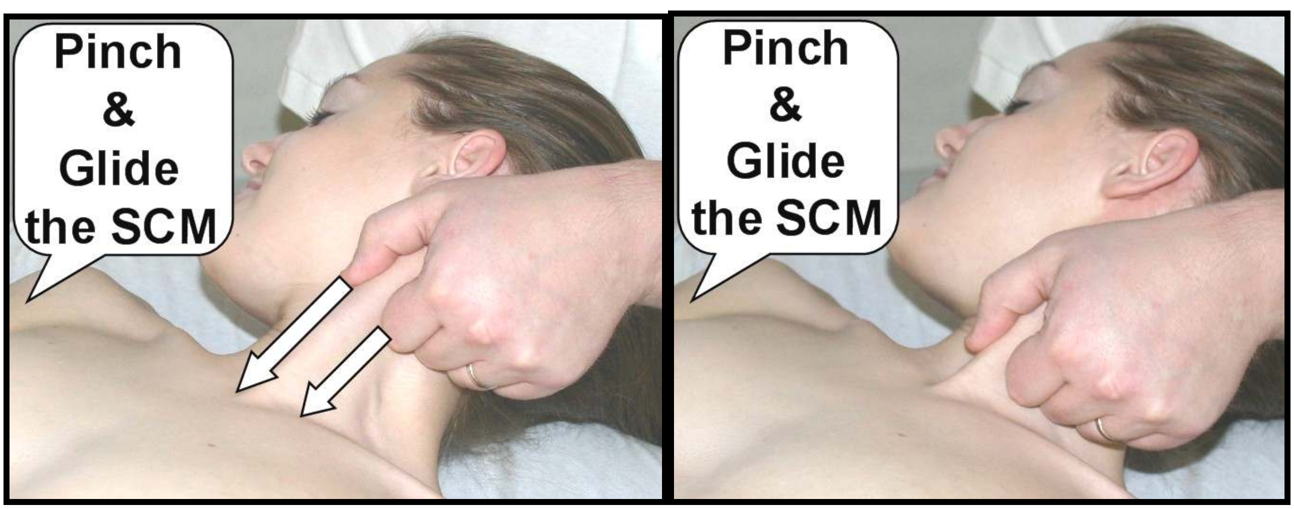
*Rotate your knuckles inward (Push under their shoulders during this technique), then rotate your knuckles out in the opposite direction



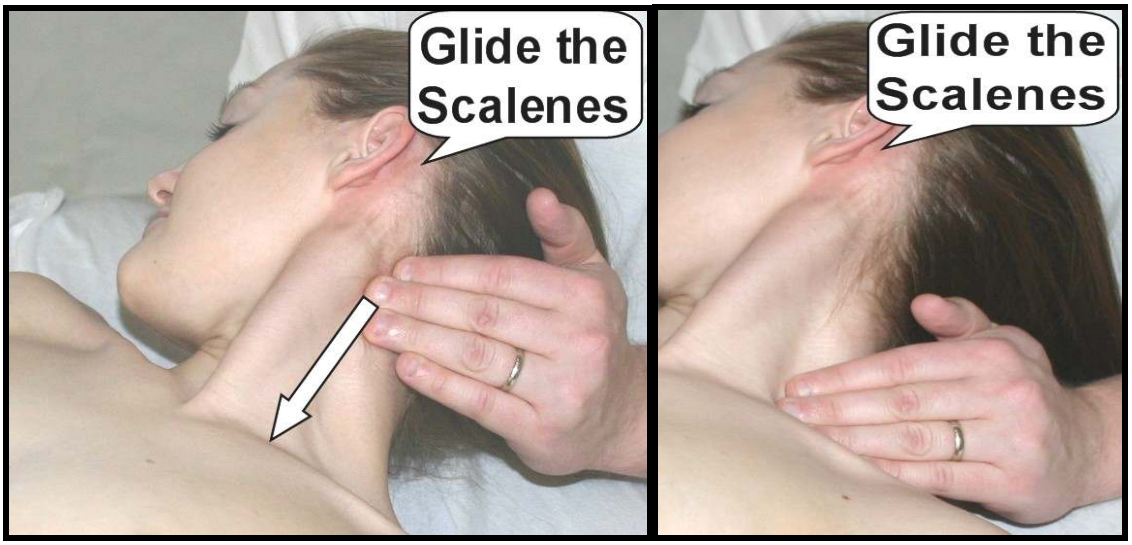
*Rotate your knuckles in their pec region



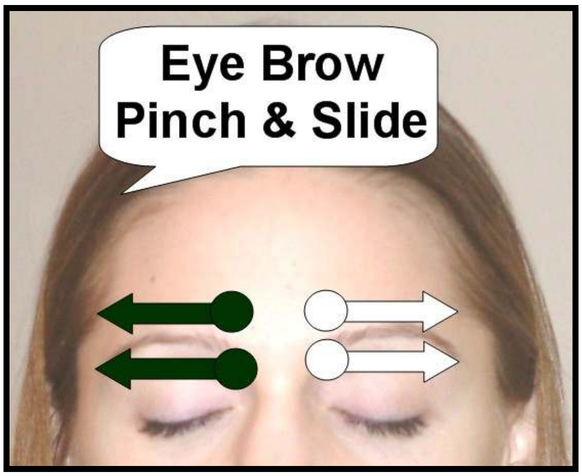
*Place your forearm under their neck and roll their head back and forth

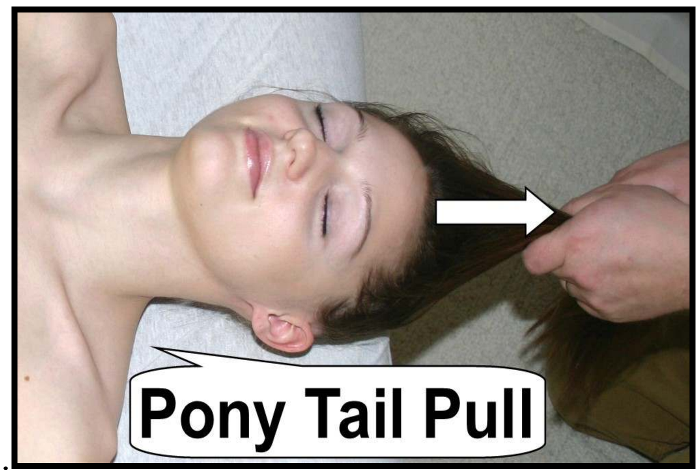


*Pinch the SCM and glide down or up it



***Lift their head up and rotate it so you can see the SCM, then glide down their neck (Just posterior to the SCM)**

A. 

B. 

A. Pinch their eye brows and glide to their temporal region

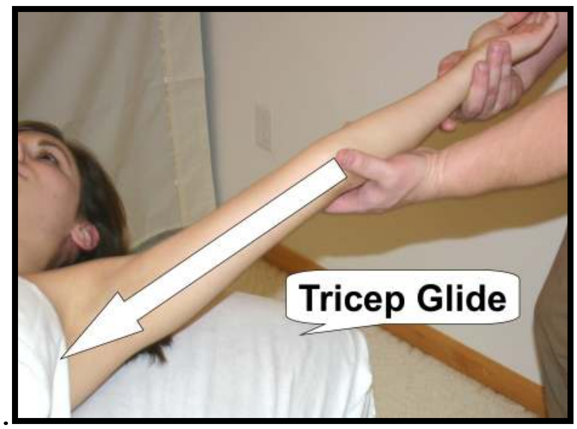
B. Grasp their hair and gently pull

ARMS & HANDS

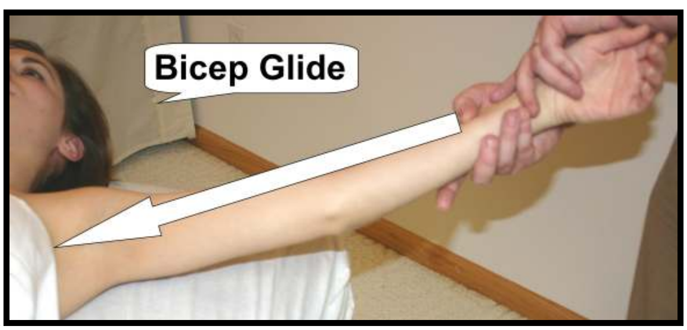


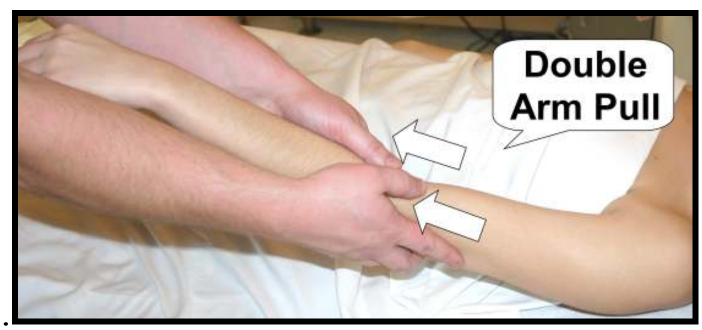
*Massage with your forearm in their anterior elbow region while you pull their hand towards you

A.


B.


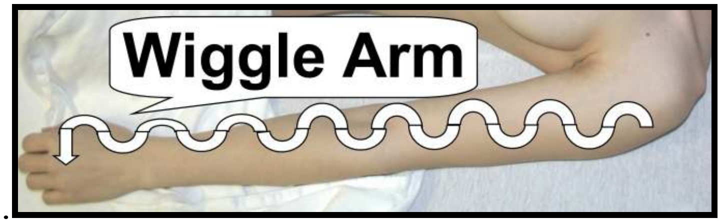
A. Traction arm and glide down their arm and finish under their mid back
B. Traction their arm and glide over their triceps

A.


B.


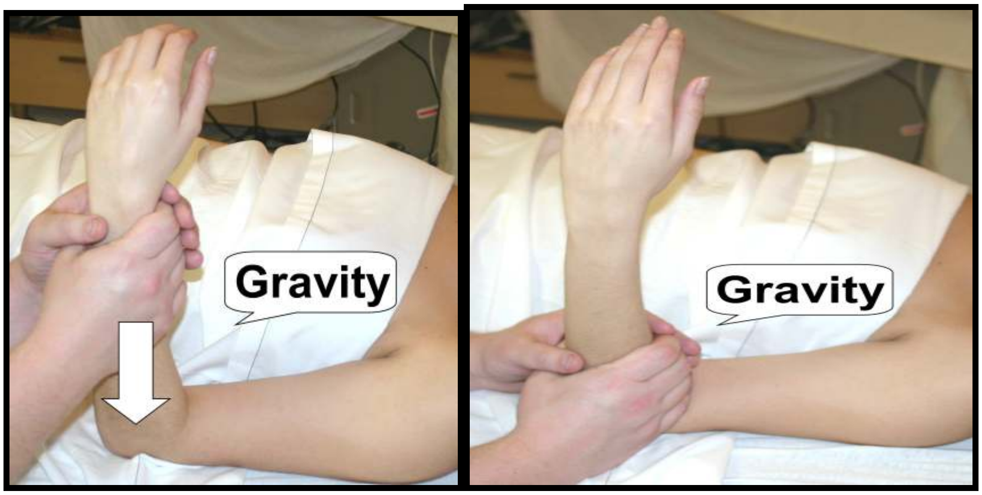
A. Traction arm and glide over their biceps
B. Start at their shoulder and pull their arm with both of your hands

A. 

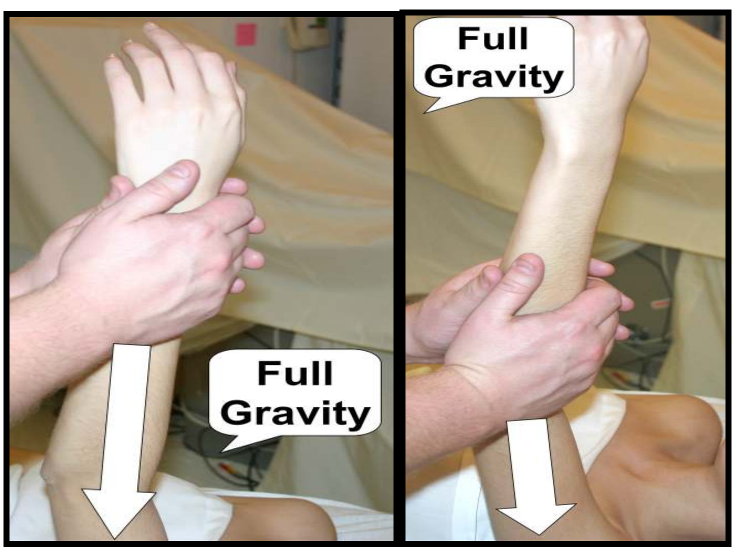
B. 

A. Pull their arm and glide up their arm with your other hand

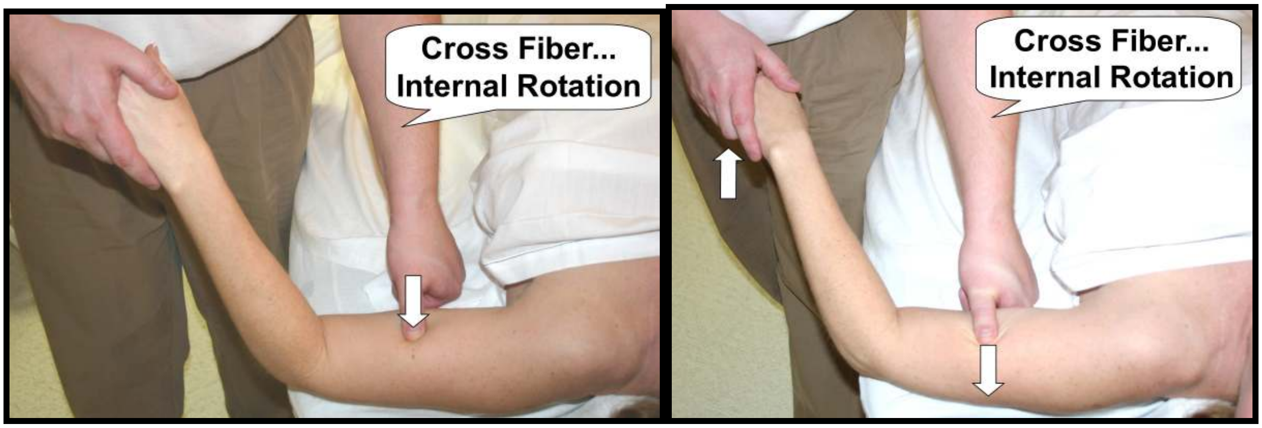
B. Vibrate down their arm in a snake movement



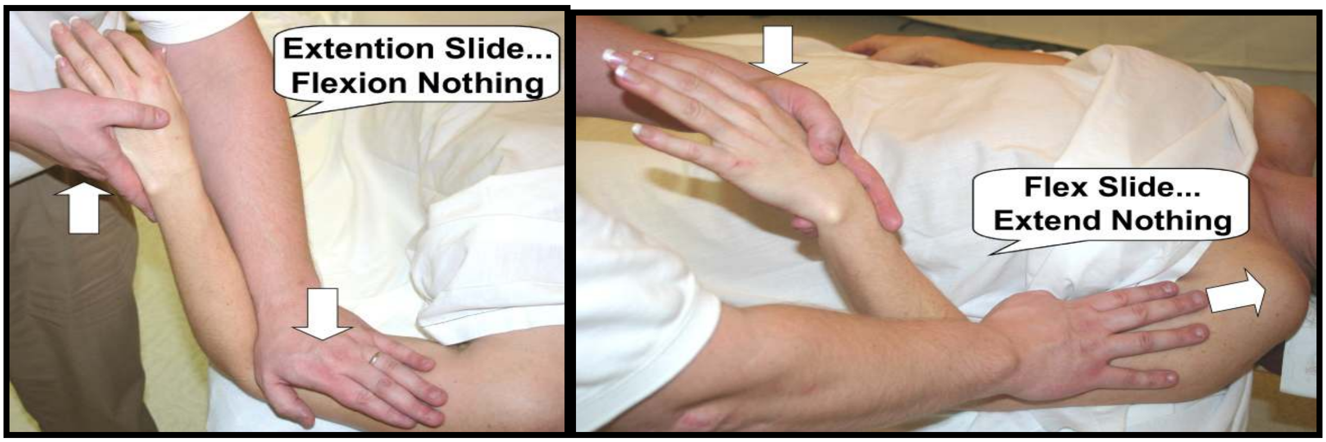
***Cup your hands together and glide down their arm**



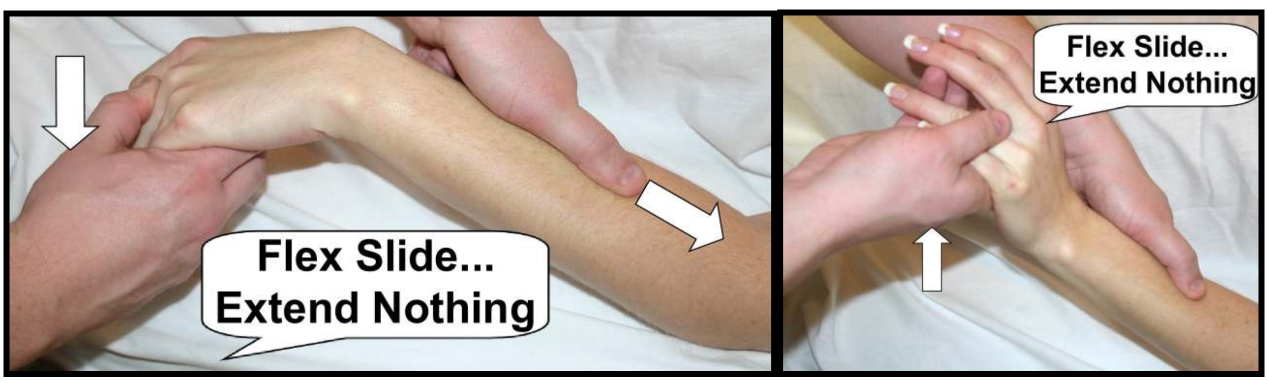
***Have the client lock their arm straight and then cup your hands together and glide down their arm**



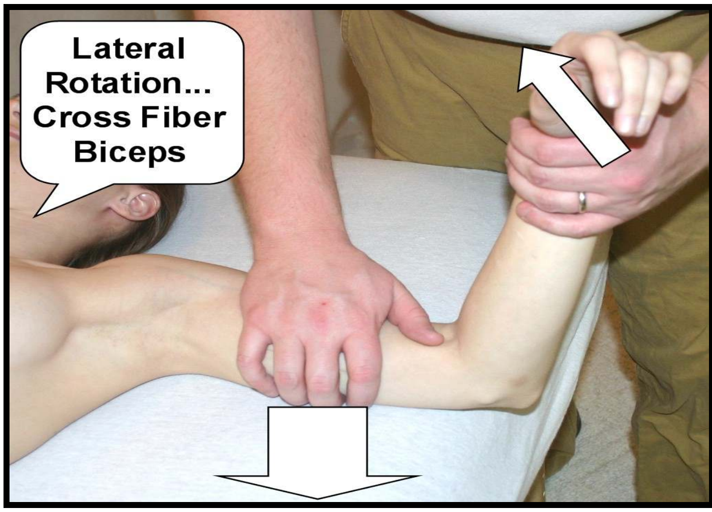
*Flex their arm and pull it towards you as you perform cross fiber friction on the biceps

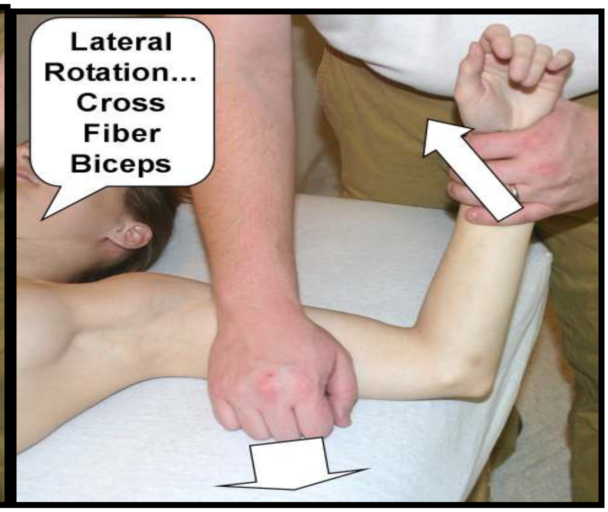


*Flex their arm and pull it towards you as you perform a glide on the biceps (When you extend, there is no movement on your gliding hand)



*Flex their wrist and glide up their forearm (When you extend, there is no movement on your gliding hand)





*Flex their arm and pull it towards you as you perform a glide on the biceps

A.

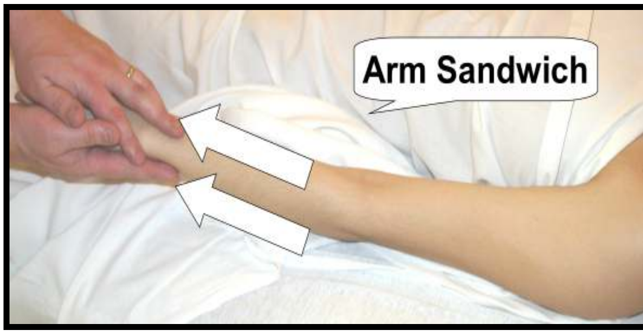

B.


A. Twist their muscles in different directions
B. Lightly lift up their arm (No pressure)

A.


B.

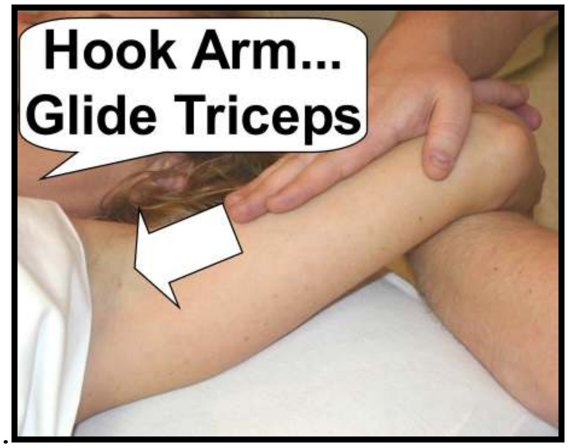

A. Pull their arm and glide up their back
B. Pull their arm and glide across their mid back



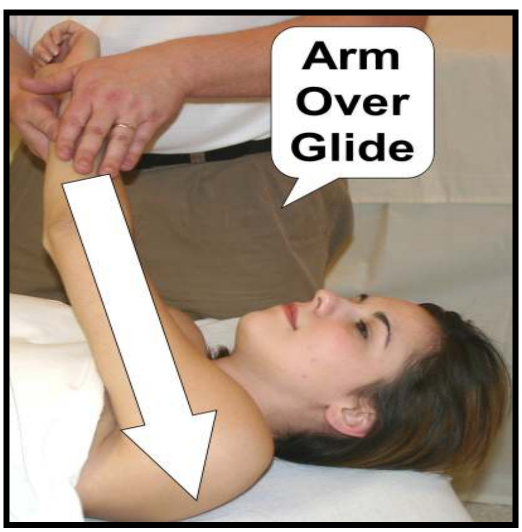


***One hand is on top of their arm and your other hand is under there arm, their perform a glide towards their fingers**

A.

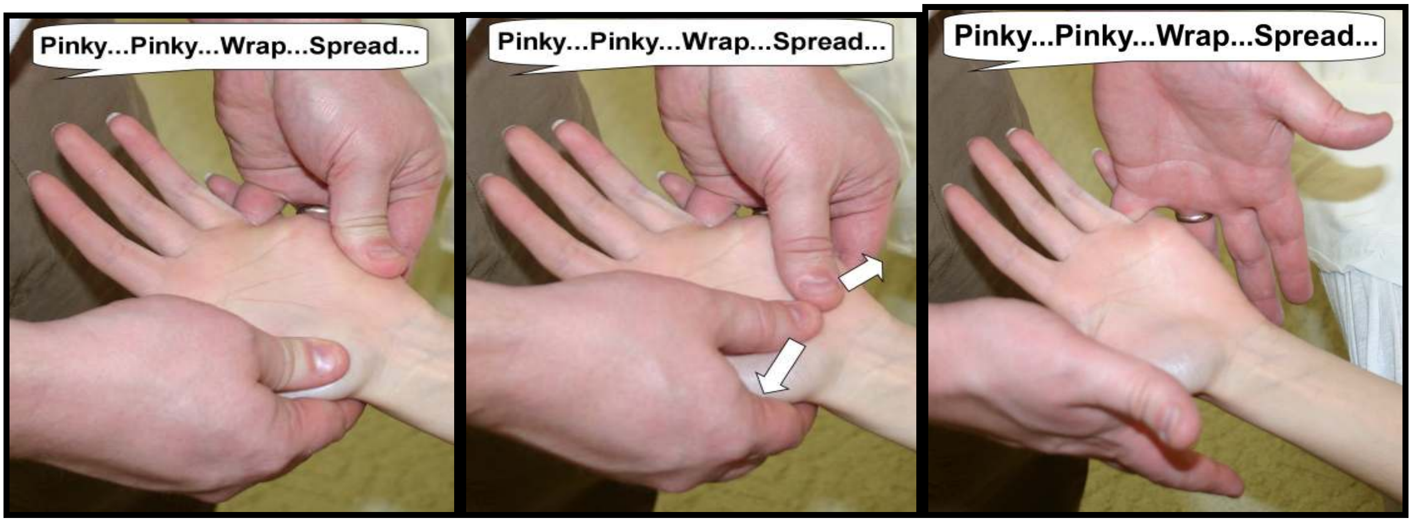

B.


A. Hook your arm under their arm and perform a glide on their bicep
B. Hook your arm under their arm and perform a glide on their tricep

A.


B.


A. Pull arm towards you and glide down their arm (You are on the opposite side of the table)
B. Pull arm towards you and glide down their arm, then pull up their shoulder when you come back (You are on the opposite side of the table)



*Both of your pinkies are wrapped (One between their pinky/ring fingers and the other one between their index/thumb fingers), then spread palm apart



*Both of your pinkies are wrapped (Both pinkies are wrapped between their middle/ring fingers), then spread palm apart

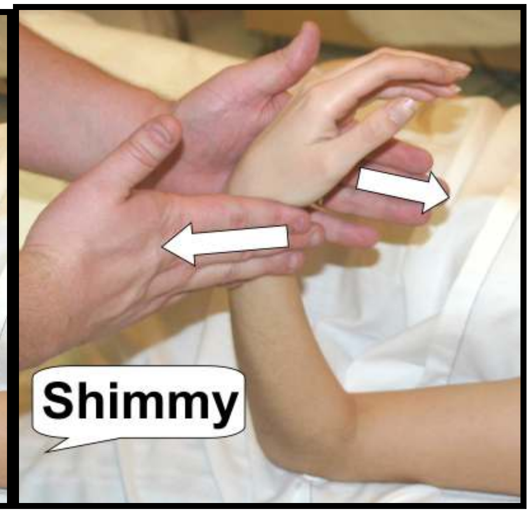
A.


B.


A. Separate their wrist
B. Separate their wrist







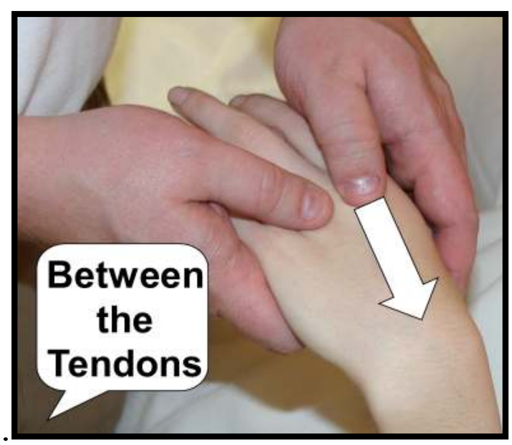
*Move your hands back and forth in a fast motion (You are at their wrist region the whole time)

A.

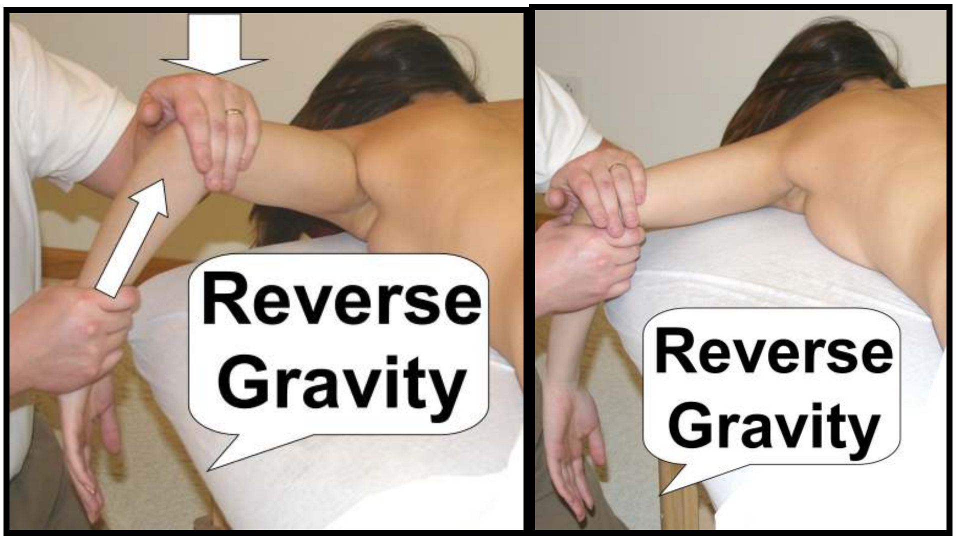

B.


A. Rotate and glide at the same time off their fingers
B. Glide off their fingers

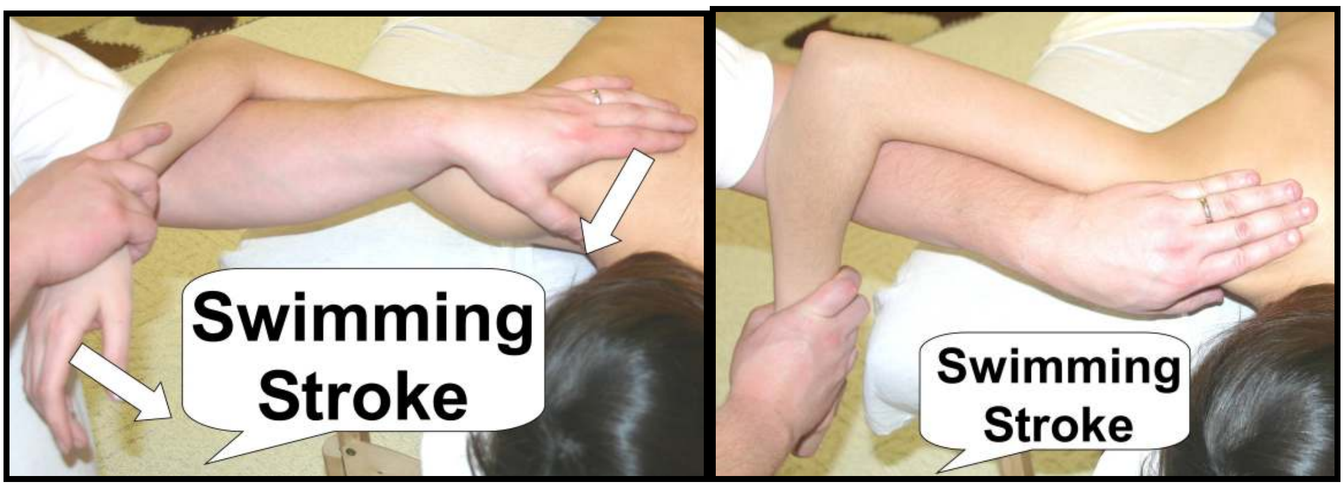
A.


B.


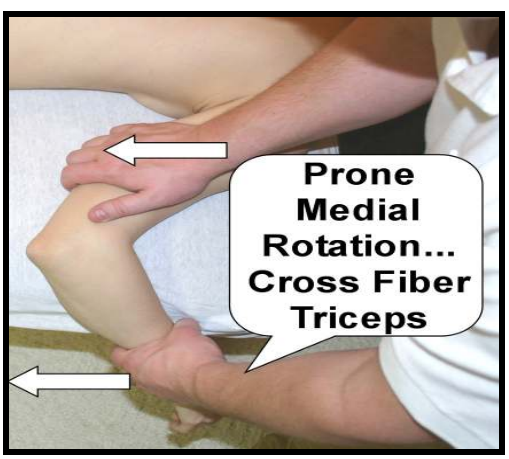
A. Twist their fingers in opposite directions
B. Glide in between their tendons

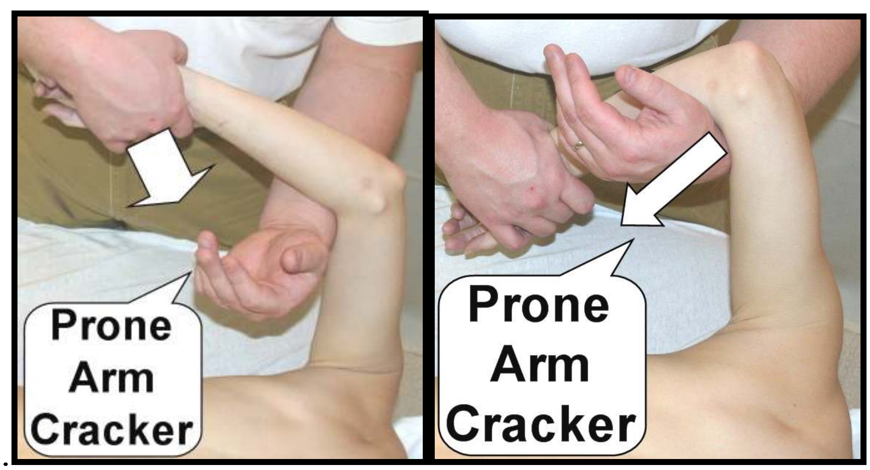


*Glide up their forearm as you push their elbow down



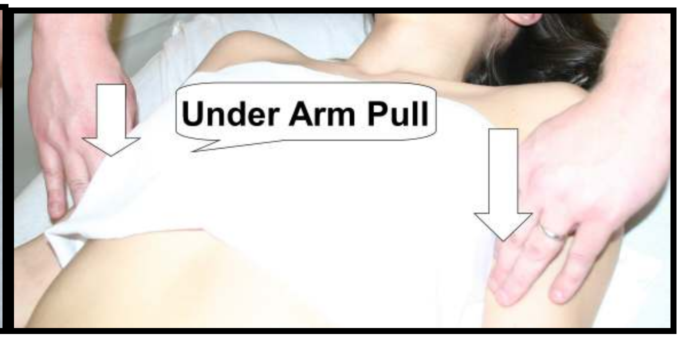
*Perform internal rotation of their arm as you glide up their traps

A. 

B. 

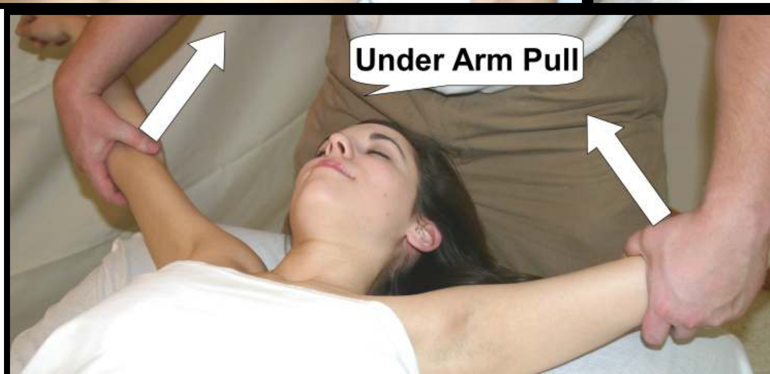
A. Push their wrist away from you as you glide over their triceps
B. Place your forearm in their anterior elbow region and glide



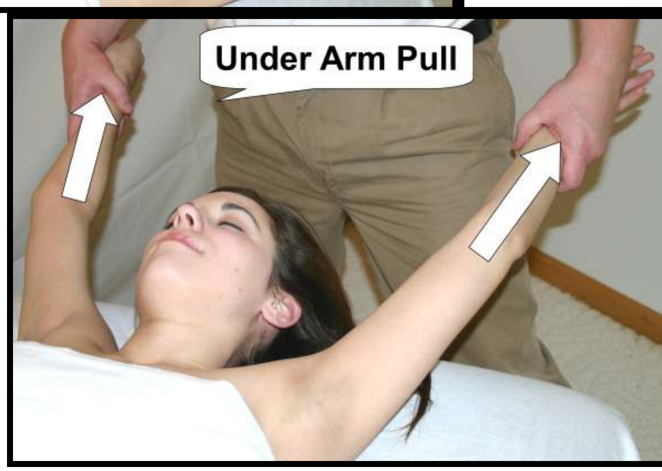




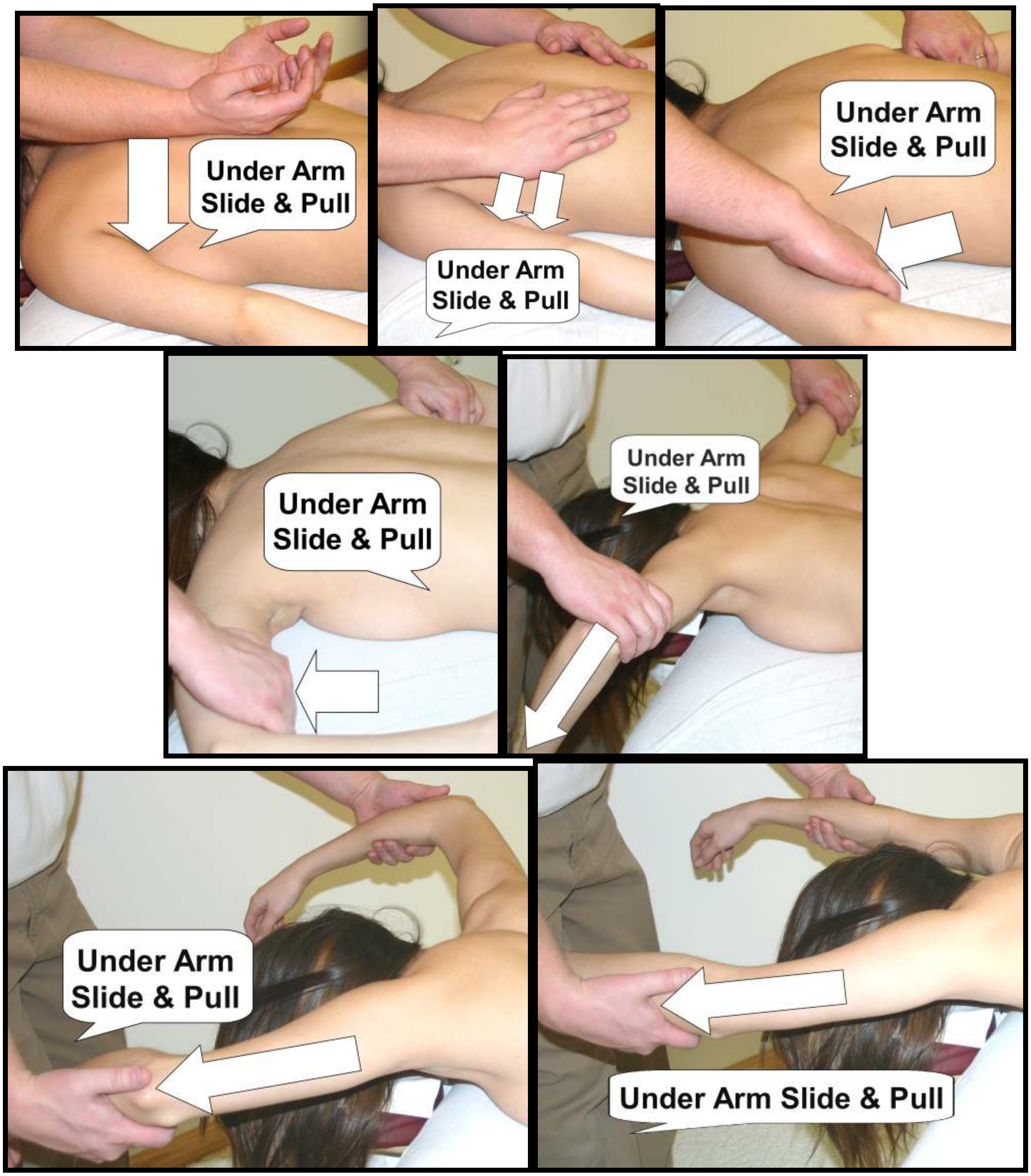




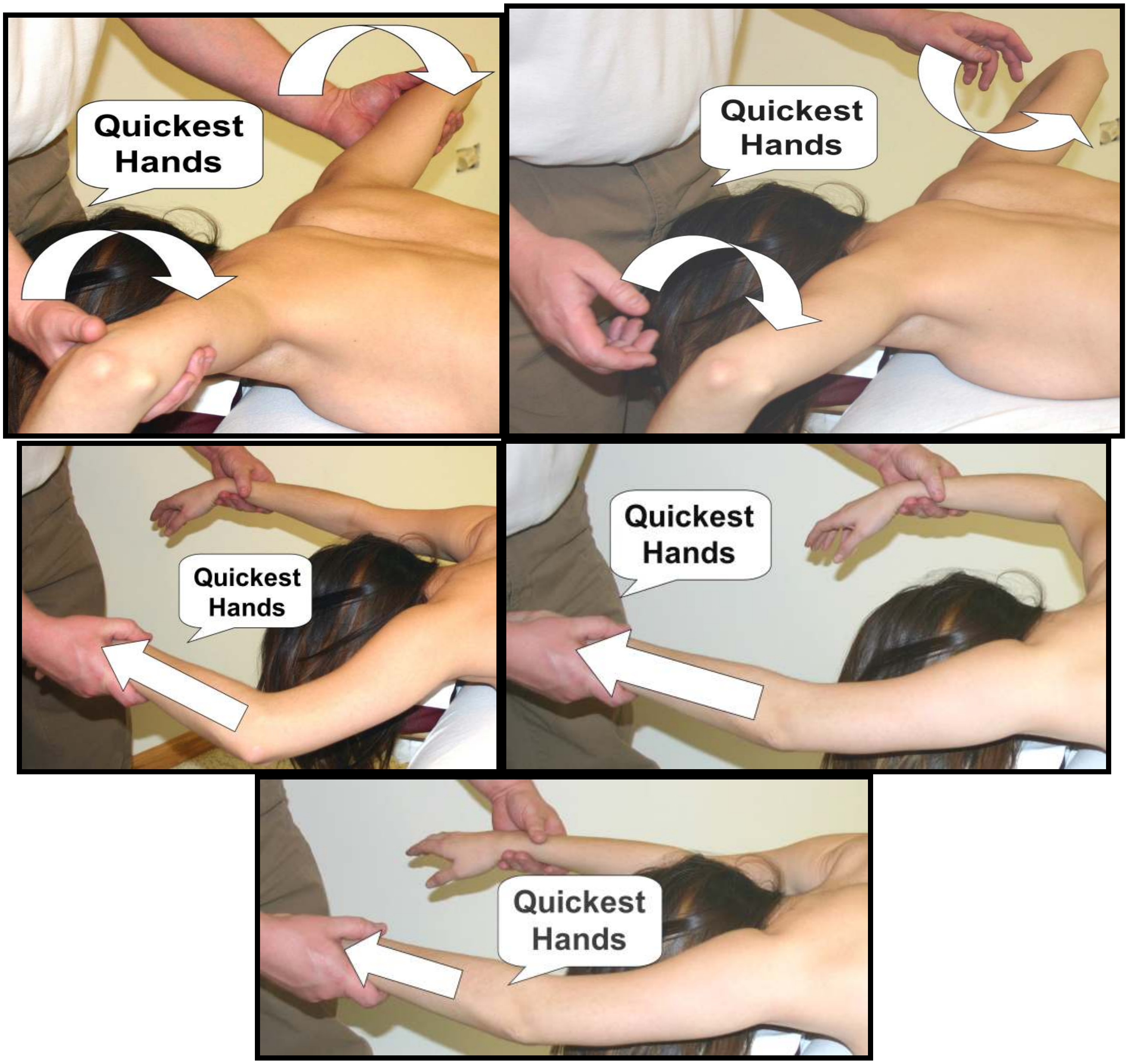




***Glide down their arm (Bicep region), then place your hands under their arms, and pull arms towards you**

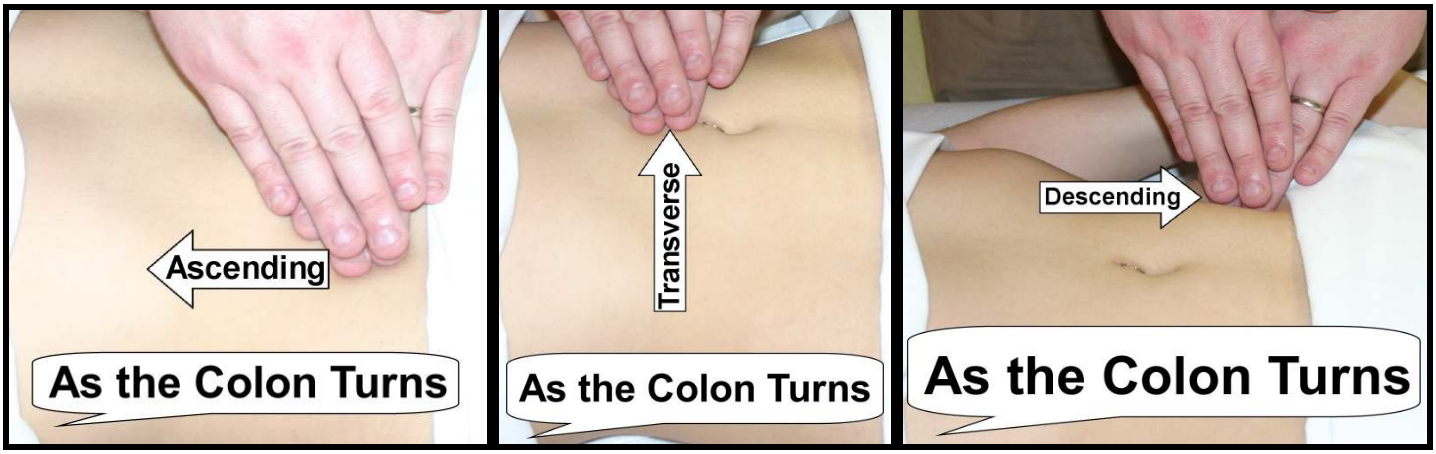


***Glide down their arm (Bicep region), then place your hands under their arms, and pull arms towards you**

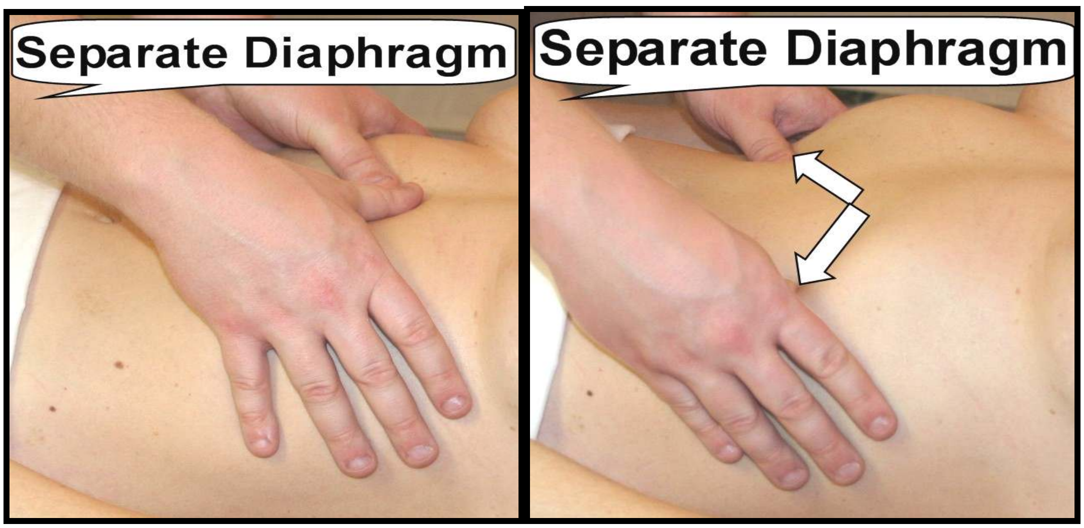


***Hold their bicep regions and quickly flip your hands to their tricep regions and at the same time you perform that, glide down to their wrists**

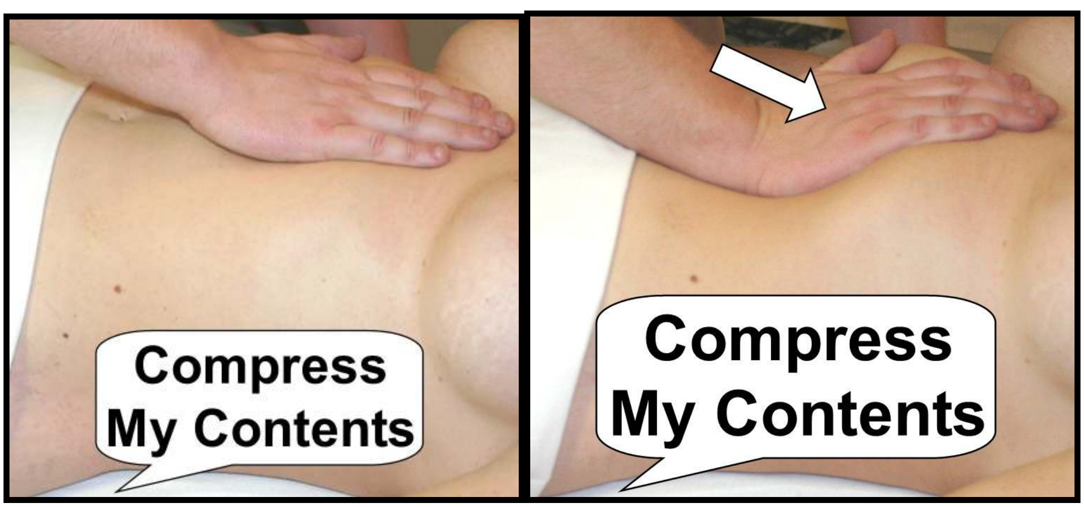
STOMACH



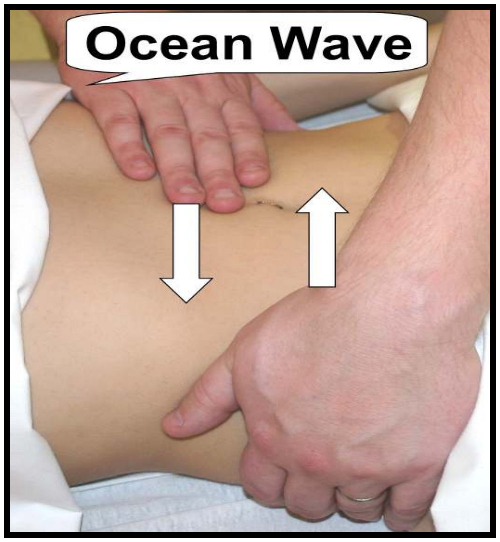
*Glide in the direction of their colon



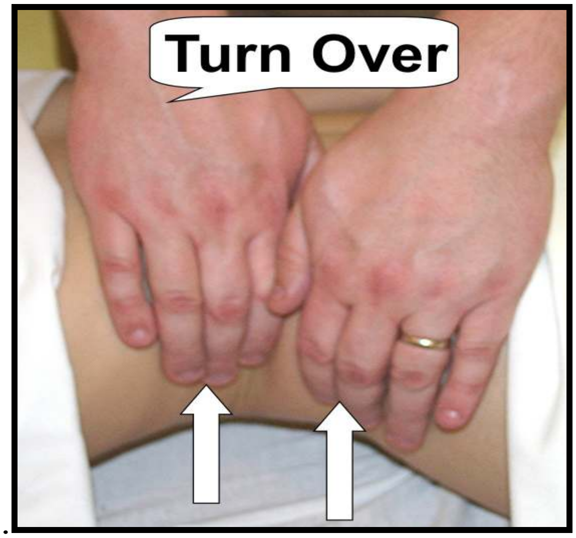
*Place thumbs under ribs and glide out



*Push at an angle (Under their ribs)



A.



B.

A. Alternate your hands going back and forth over their stomach

B. Reach to the opposite side of their waist and pull towards you





***Start with your fingers and end with your heel of your palm (Continue the motion across their stomach)**



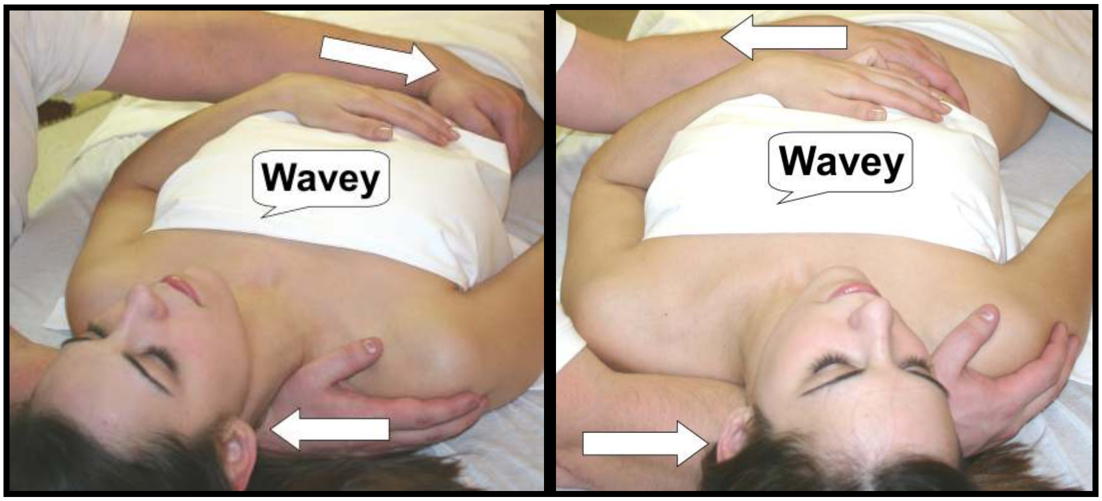
A.



B.

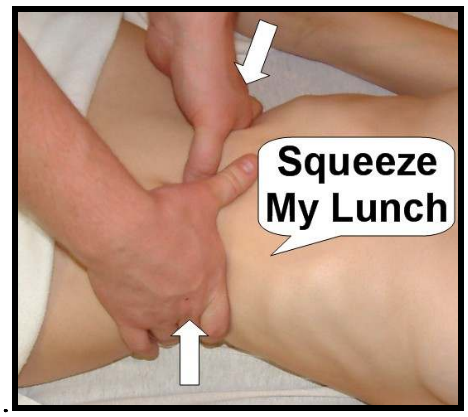
A. Massage under their low back with your fingers or knuckles

B. Rock their hips in opposite directions



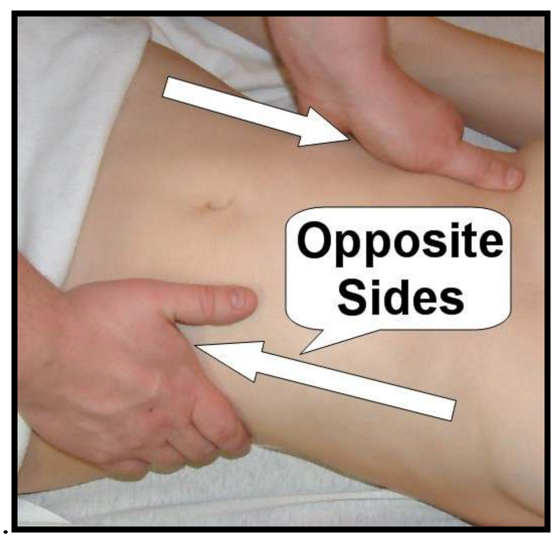
***One arm is under their neck and the other arm is on their stomach (Rock in opposite motions)**

A.

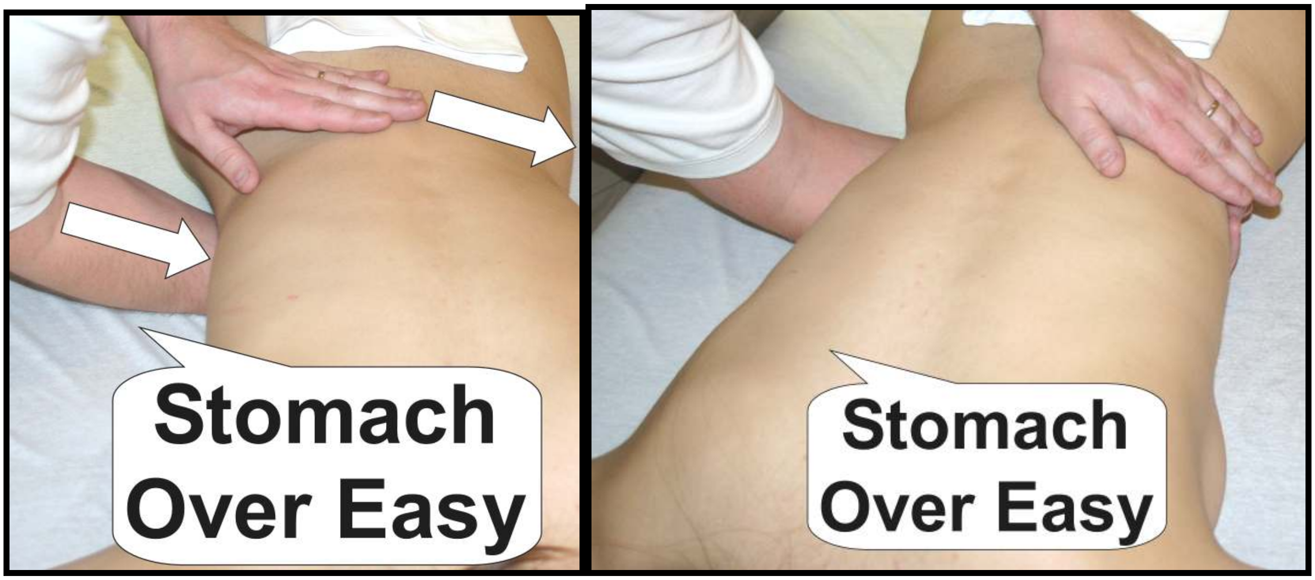

B.


A. Pull and glide up their low back (Compress their shoulder during the technique)
B. Squeeze their stomach on their sides

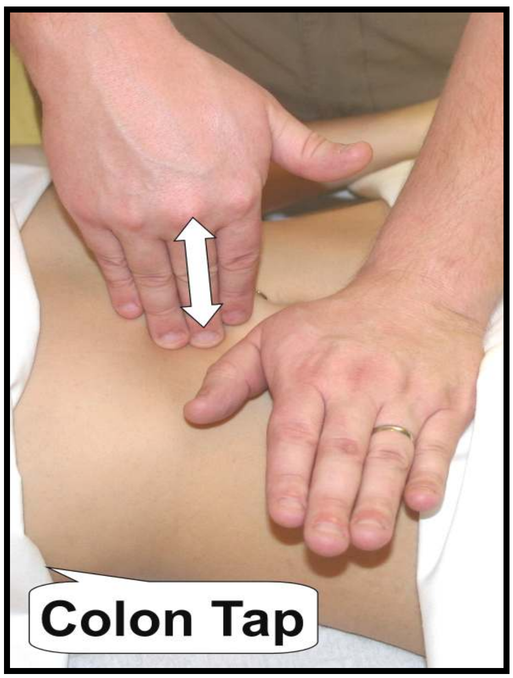
A.


B.


A. Massage the Iliocecal valve (2 inches over and 2 inches down from their hip)
B. Glide up and down their sides (Opposite directions)

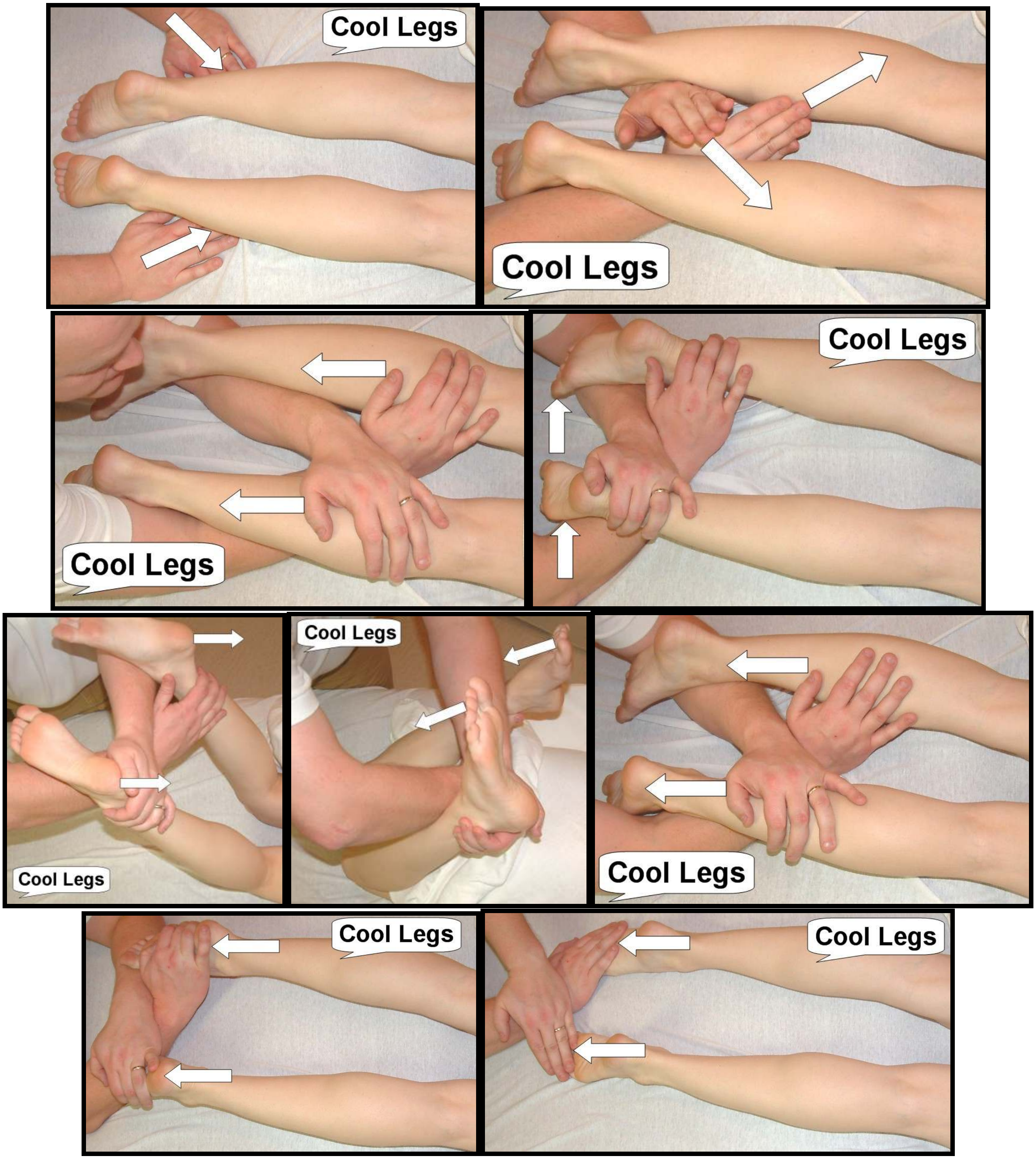


***Slide your hand under their stomach and your other hand across their back and meet on their side (Can be performed supine or prone)**

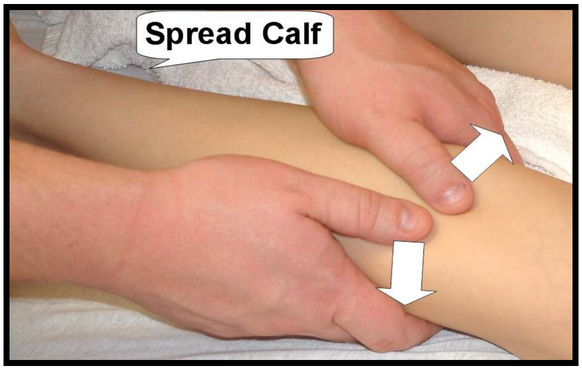


***Tap the colon with your finger tips**

LEGS, GLUTE & FEET



***Place your hands under their shins, then cross your arms and place your hands on their calf's. Then glide up to their ankles and flex their knees. Then extend their knees and glide off their feet.**



A.

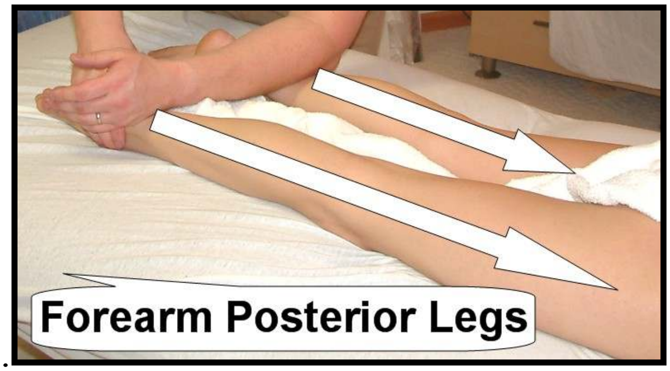


B.

A. Separate their calf with your thumbs or palms
B. Rotate your knuckles on their bottom of their feet



A.

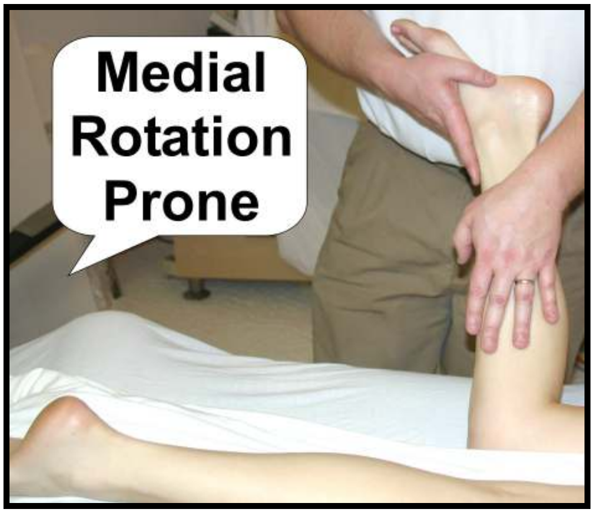


B.

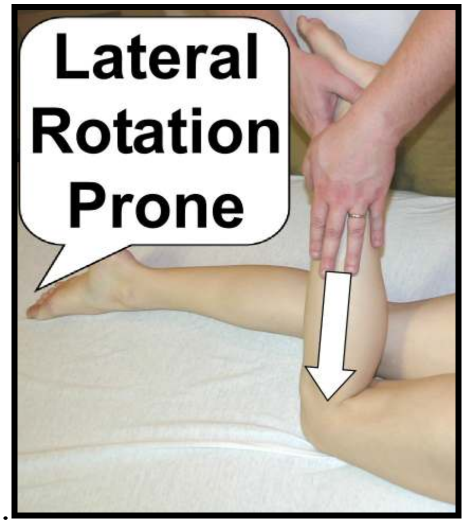
A. Support their knee (Keep it straight) and glide down their leg
B. Massage your forearm on both legs at the same time



*Push their heel and pull their toes towards you, then push their toes away from you and pull their heel towards you (Continue with this technique for 10-20 seconds)



A.



B.

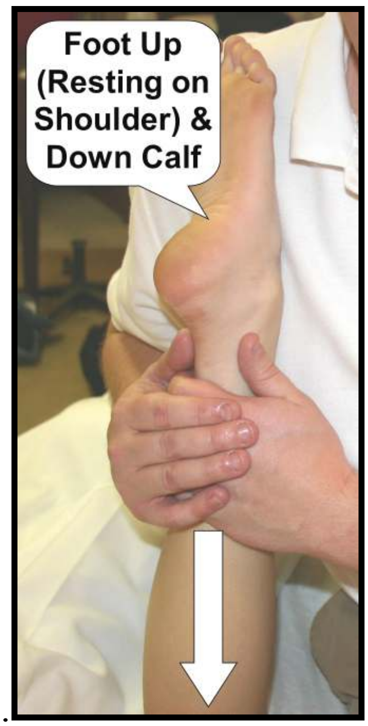
A. Pull leg towards you and glide down to their knee
B. Pull their opposite leg towards you and glide down to their knee



A.

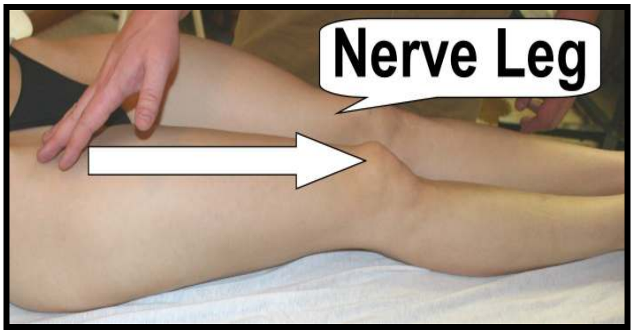


B.



C.

A. Use your forearm to perform the stretch
B. Cup your hands together and glide down their calf
C. Rest their foot on your shoulder and glide down their calf

A. 

B. 

A. Lightly glide your fingers over their leg
B. Pull their foot down to the table as you massage their calf with your forearm

A. 

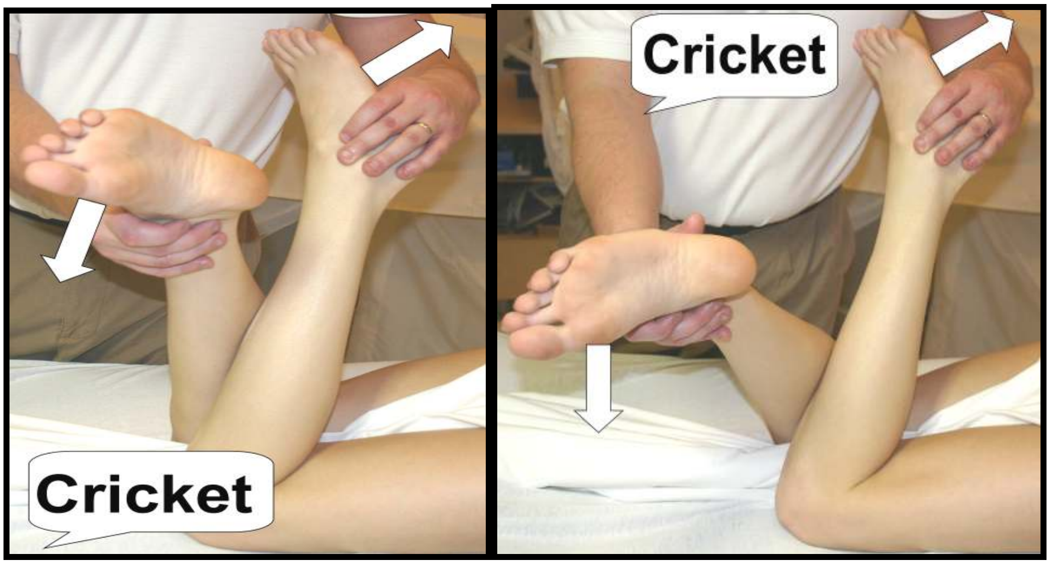
B. 

A. Rest their ankle on your shoulder and glide down their leg
B. Rest their ankle on your shoulder and glide down their leg (Anterior and Posterior side of their leg)

A. 

B. 

A. Sit on their foot and pull their calf towards you
B. Rest their knee on your shoulder and glide down their quads



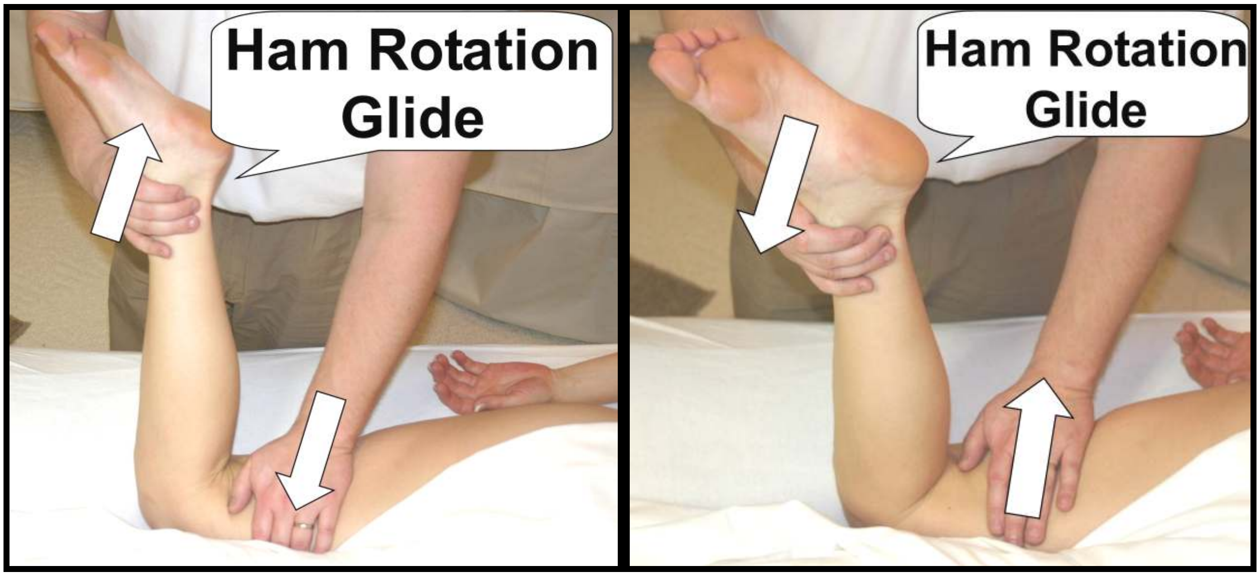
*Massage their calf with their shin



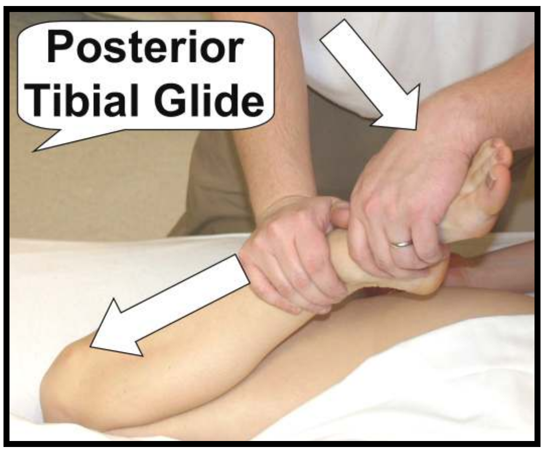
*Perform cross fiber friction with your palms or thumbs



*Slide up their hams while you extend their knee, then flex their knee and don't move your other hand



*Pull their foot towards you while you glide away from you, and then perform the opposite action

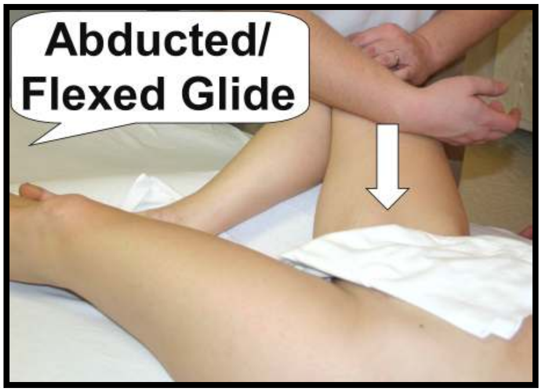
A.


B.


A. Flex their knee and glide down their shin (Not on the tibia bone)
B. Stretch their calf and glide down it at the same time



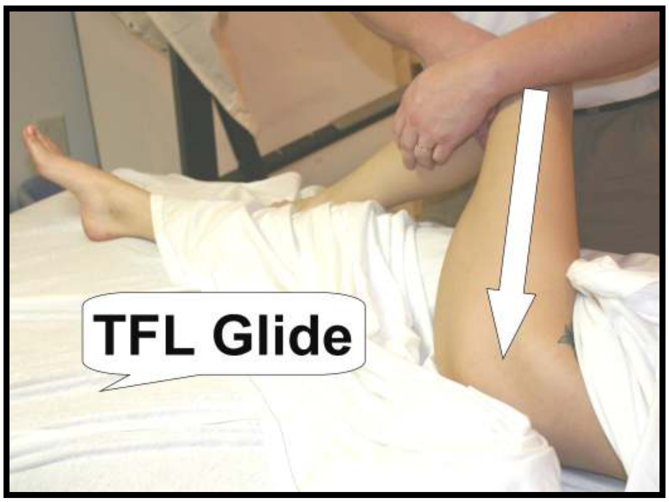
*Pull their opposite straight leg towards you and glide down their quads/TFL regions

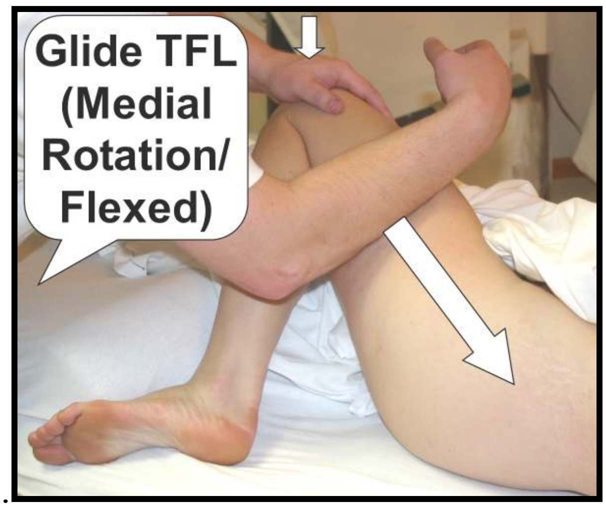
A. 

B. 

A. Flex their knee and abduct it out, then glide on their adductors

B. Flex their knee and abduct it out (Your quads under their lateral knee region), then glide on their adductors

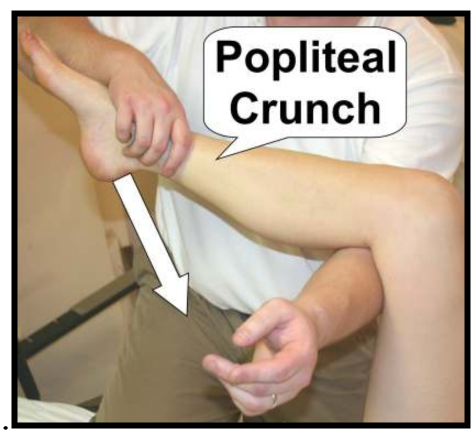
A. 

B. 

A. Cross their leg over their straight leg and glide down their TFL region

B. Medially rotate and flex knee, then glide down TFL region

A. 

B. 

A. Dorsal Flex their ankle and lift up leg while you glide down their quads

B. Place your forearm behind their knee and then compress it

A. 

B. 

A. Hold their knee in your armpit region and then glide down their TFL region
B. Place their foot on your hip and flex knee and glide down their adductors

A. 

B. 

A. Bring their foot off the table and then glide up their quads
B. Pull their leg at their ankle

A. 

B. 

A. Rest their calf against your hip and glide on their adductors/quads
B. Flex their knee and pull towards you while you glide down their quads



A.



B.

A. Cross their one leg (Make sure their ankle is above their knee cap) and glide their adductors
B. Place their foot on your shoulder and flex knee while you glide down their hams

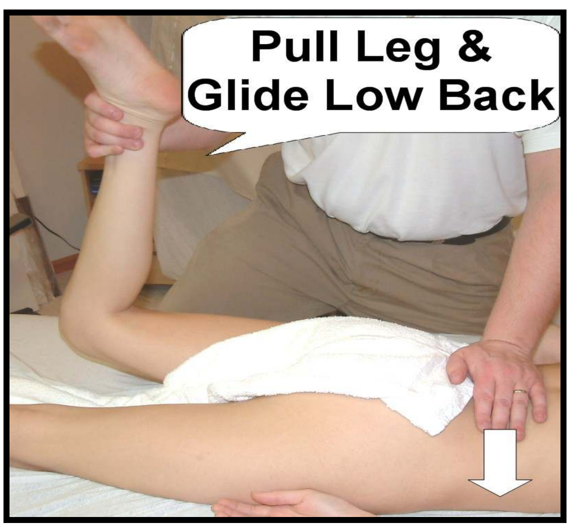


A.

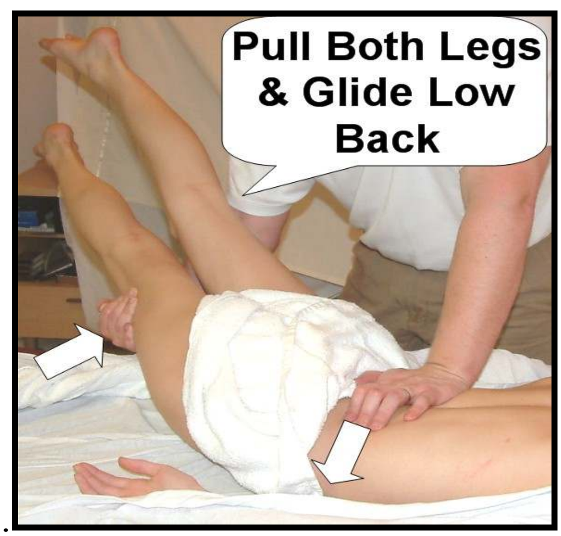


B.

A. Keep their leg straight and have it rest against your quads as you glide their hams/TFL region
B. Glide up their hams and flex their knee at the same time



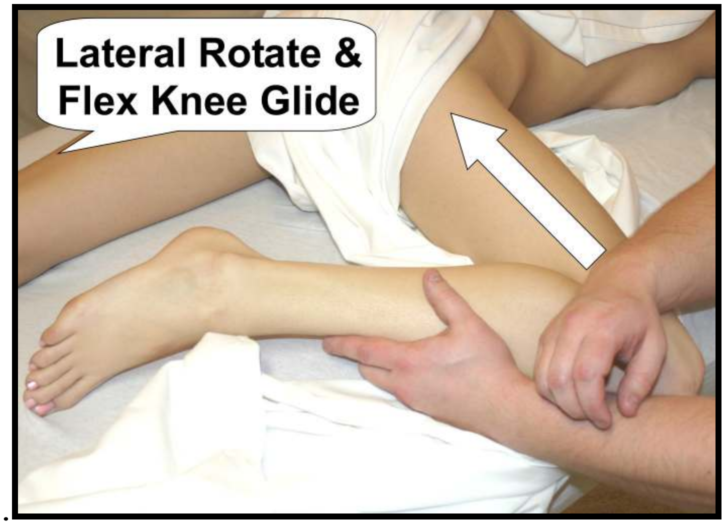
A.



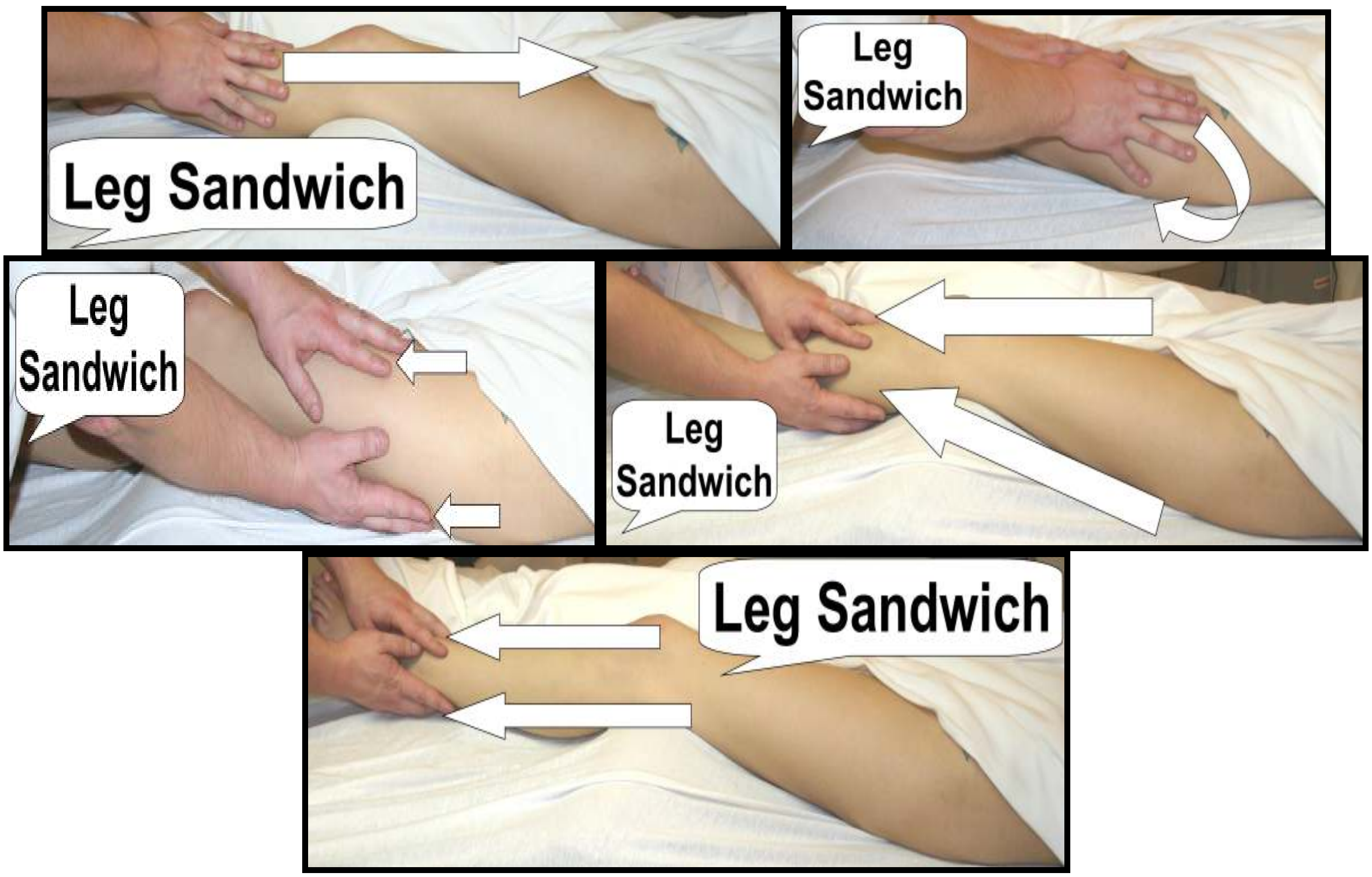
B.

A. Pull their leg toward you and glide across their low back
B. Pull both legs toward you and glide across their low back

A.


B.


A. Rest their opposite leg on your hip and glide down their TFL region
B. Laterally rotate and flex their knee, then glide up TFL region



***Glide up their leg and on the way back, slide one hand under their leg on the way back to their feet**

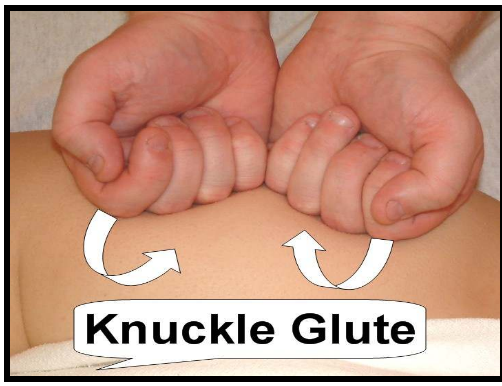


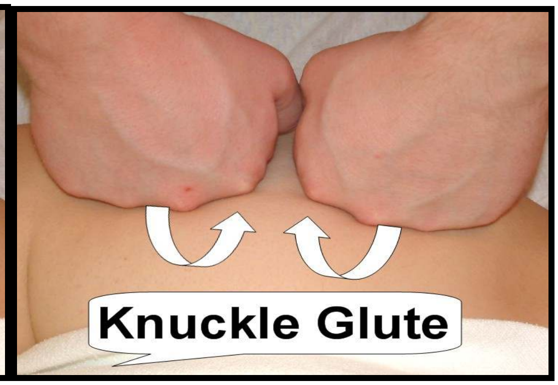
A.



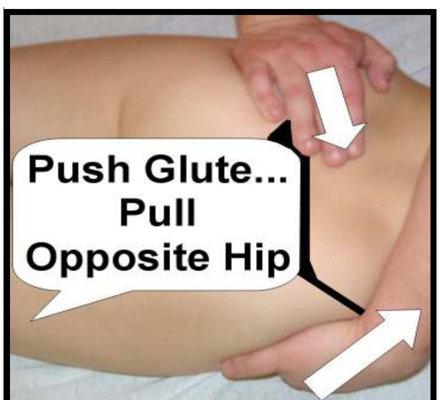
B.

A. Point your fingers at a 45 degree angle and hold
B. Press your thumb and hold

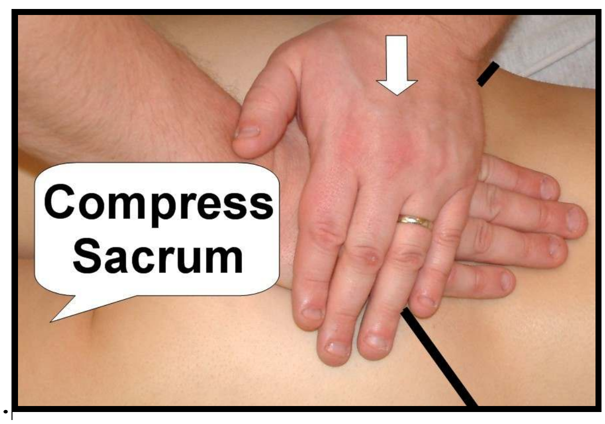




*Rotate your knuckles



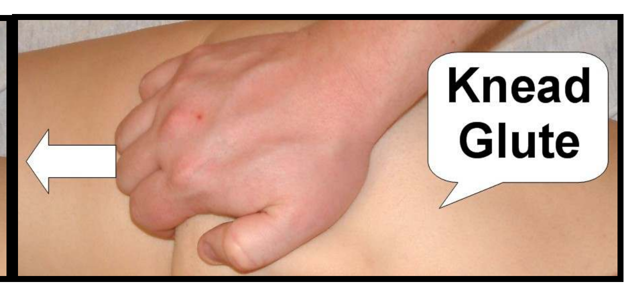
A.



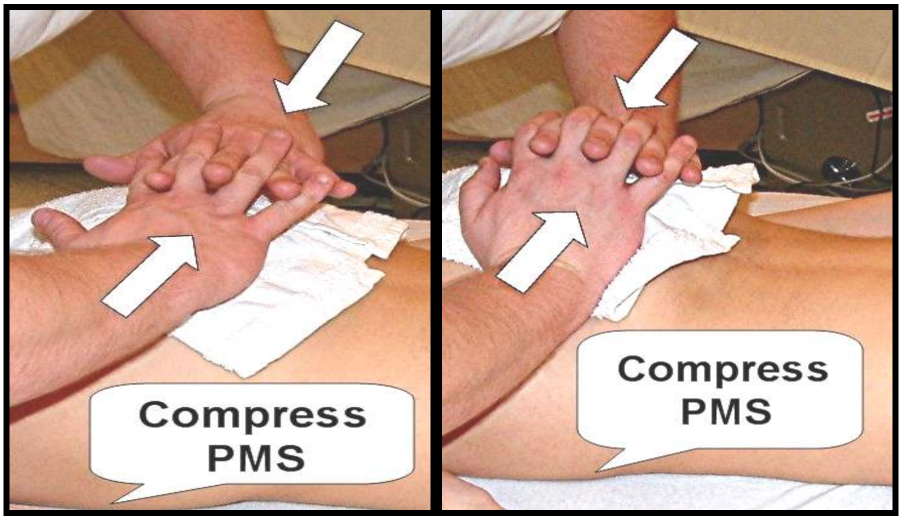
B.

A. Push their glute and then pull their hip towards you
B. Cup their sacrum with your palm and then compress

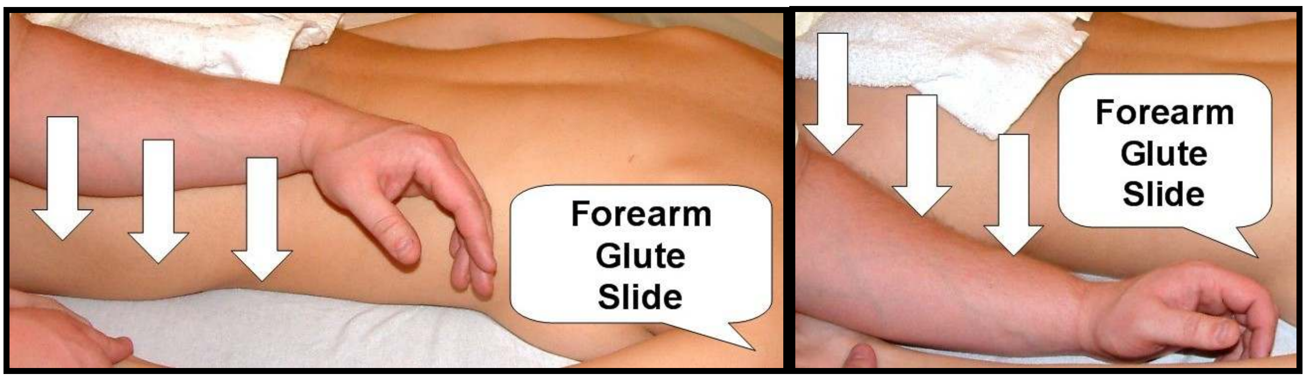




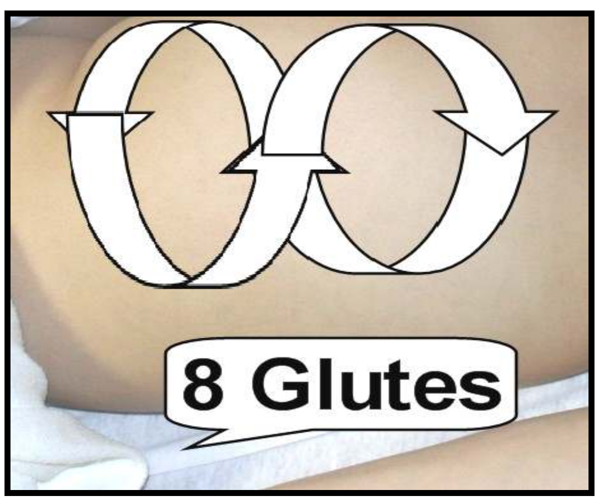
*Plant your fingers and then roll your palm over your planted fingers



*Interlock fingers and compress sacral region together.

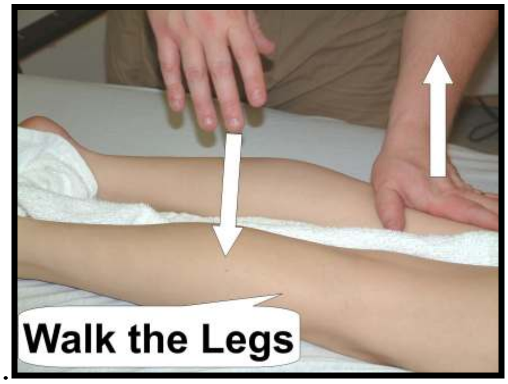


*Glide your forearm over their glutes (Place your other hand on your forearm for more pressure).

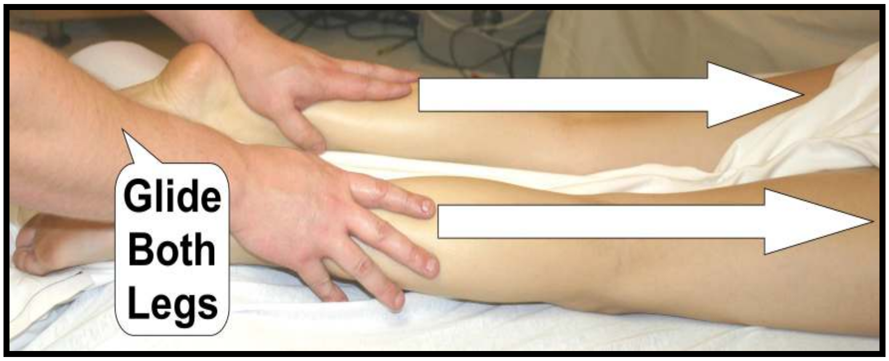


*Use your knuckle and move in a 8 like motion

A. 

B. 

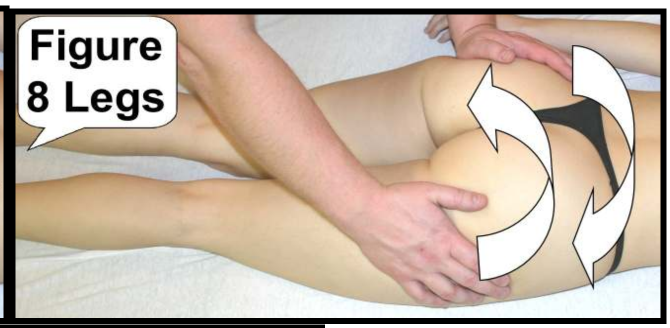
A. Laterally rotate and flex their knee while you place your arm under their adductors and glide their TFL
B. Alternate compressing their legs

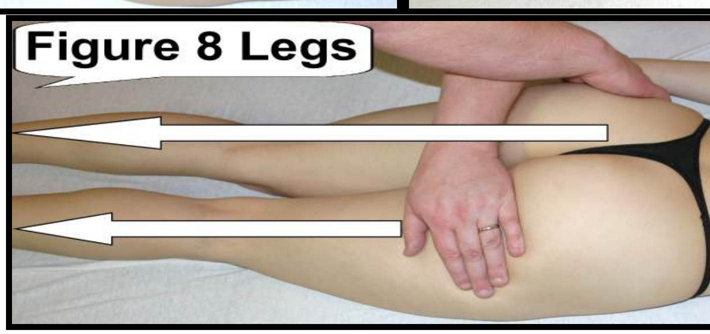
A. 

B. 

A. Glide up both legs at the same time
B. Stretch their hams and glide down their quads

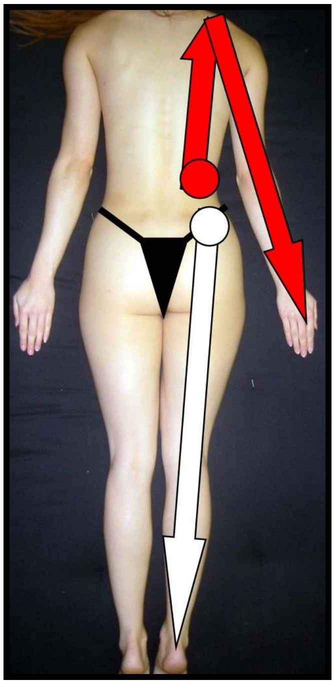
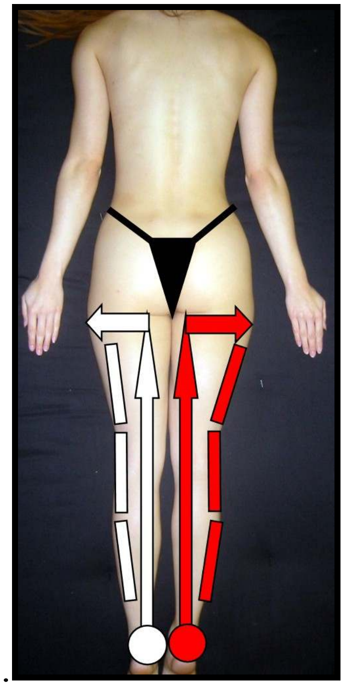
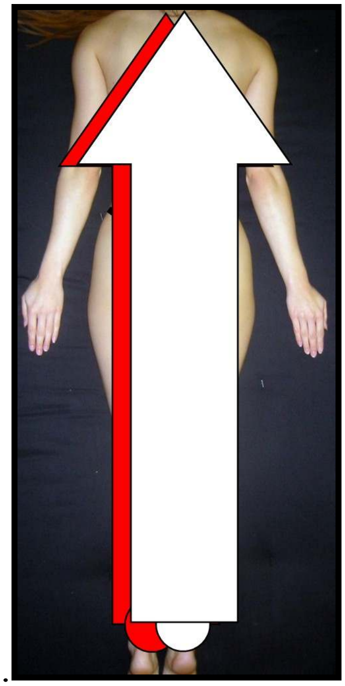




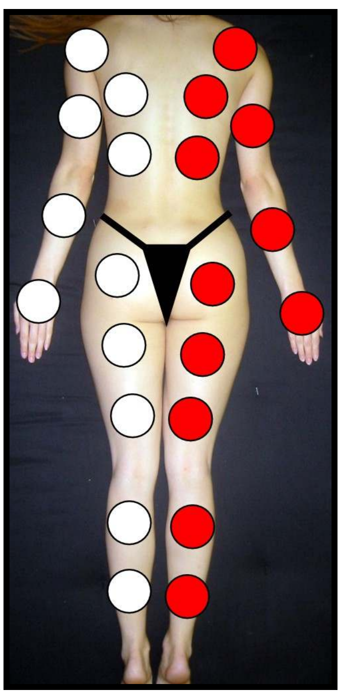
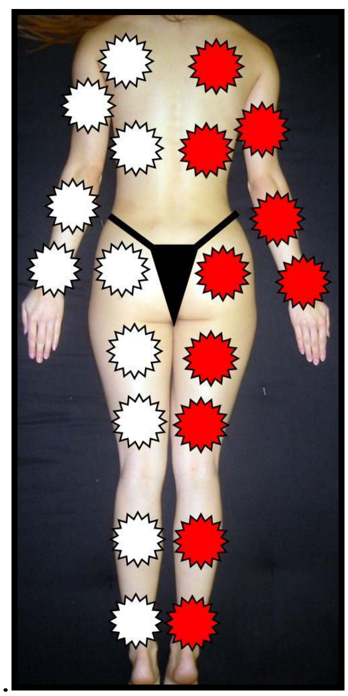
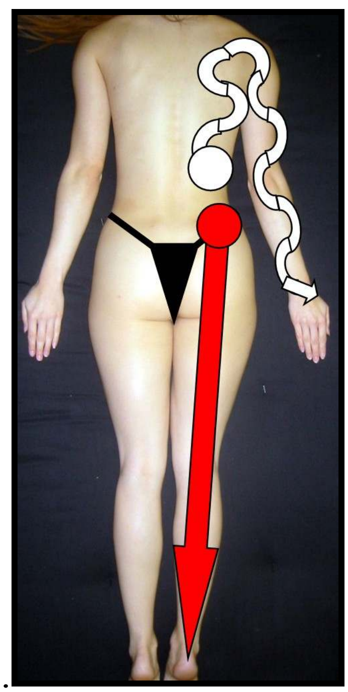


***Glide up their legs and cross at their glutes and come back down their legs with your hands crossed**

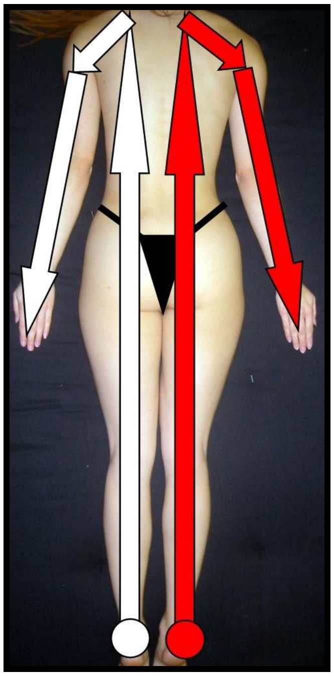
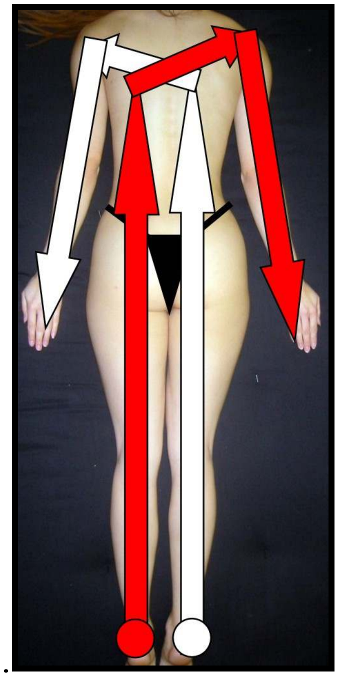
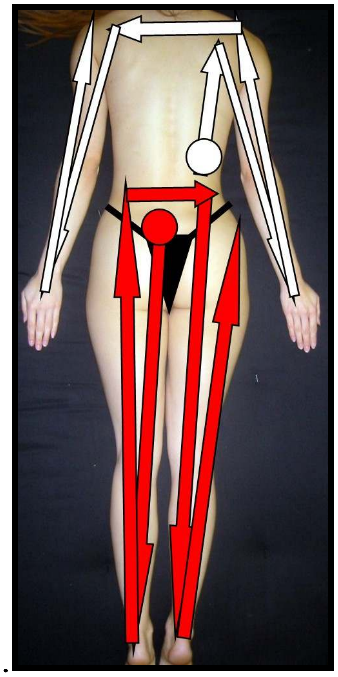
CONNECTING TECHNIQUES


A.

B.

C.

A. One hand goes up the body and the other hand goes down the body
B. Go up the leg, then when you come back down their legs, go under their leg
C. Use your forearms on both sides of the body


A.

B.

C.

A. Compress with your palm up their body
B. Vibrate in different areas on their body
C. One hand side and the other hand shakes (End at the same time)

A.  B.  C. 

A. Go up the legs and end at their hands

B. Go up their legs and cross at their shoulders and finish at their hands

C. Go in opposite directions